THE SATURDAY EVENING POST

Four Franklin

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May/June'86 $1.95

Amy Grant's Music from the Heart

Nashville's Meltdown Diet

Investing in Nostalgia

Sunny Solarium Additions

Kurt Vonnegut Close Up

Magnesium for Your Health

How to Fish Like a Pro

The Hiccup Mystery

Lucian Lupinski

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GERMANY
Marta

Bride Dolls from around the World

A captivating collection of porcelain dolls – each portraying a beautiful bride from a different country of the world!

FRANCE
Mimi

Shown actual size.

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©DM

Every country of the world is different . . . but in every country, in every culture, a bride is beautiful! Truly, a bride at her wedding is a vision of loveliness . . . a vision to cherish and capture forever, in the form of a beautiful bride doll. There is something about a bride doll that always lifts one's spirits, just as if an actual ceremony were taking place. The most desirable dolls are of course scarce, since they are crafted by hand. Building an impressive collection can take a lifetime of looking and years of foreign travel.

But now the Danbury Mint makes it possible for you to acquire a dream collection of international bride dolls without the time and travel. *Bride Dolls from around the World* will come to you!

Fine imported porcelain – skillfully painted by hand!

These dolls are new; they have never been offered before. But they are much akin to the great collector dolls of a century ago – antique dolls which today can sell for hundreds, even thousands of dollars.

Each doll is a generous eight and one-half inches tall. Head, hands, and feet are all made of fine imported bisque porcelain. Facial features are exquisitely sculptured and meticulously painted by hand. That's not all – each doll's head will be a *different* sculpture. Indeed, each doll's face captures the special personality of her homeland as well as the wonderful radiance of a young bride on her wedding day.

Each bridal gown is authentically styled

Each bride's attire is authentic to the smallest detail. And notice that each bride doll is fully attired. Her clothing is layered – consisting of a gown, usually with apron or pinafore, slip or petticoat and pantalettes. Her hairstyle is authentic to her country.

Mimi, of France, wears a pink gown that is typically French – featuring a lovely lace pinafore, ruffled cuffs, and soft pastel ribbon bodice gathered in at the waist with a band of embroidered trim. There's Marta, the German bride, whose colorful gown is the most beautiful red you have ever seen – it's both brilliant and subtle at the same time. Notice the lovely eyelet apron and matching sleeves. From the other side of the world comes Yoshi, the Japanese bride, wearing a traditional satin kimono of a pink brocade with red trim.

Each doll will be accompanied by a display stand

Displaying your cherished dolls will be simple, because each doll will come with its own stand. You can add joy, charm, and color to every room in your home.

Each bride doll will come with a Certificate of Authenticity, bearing your personal serial number and establishing the doll as part of your registered collection.

A remarkable value

For dolls of comparable quality in stores, you might expect to pay upwards of $50.00 each. But the Danbury Mint is able to offer each doll for just $29.50 each with no extra charge for the stand. What's more, these dolls are available exclusively from the Danbury Mint.

To reserve your collection, complete the Reservation Application and return it promptly. You will receive a new bride doll every month. You can charge each doll to your VISA or MasterCard.

Of course, if you receive a doll you are not satisfied with, you may return it within 30 days for a prompt replacement or refund. And you may cancel your subscription at any time.

Please act promptly

The *Bride Dolls from around the World* collection is an heirloom you can cherish forever. Do mail your application today!

RESERVATION APPLICATION

Y25

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Bride Dolls from around the World

Please return promptly.

Please accept my reservation to *Bride Dolls from around the World*, a captivating collection of porcelain dolls, each portraying a beautiful bride from a different country of the world. Each doll will have a different hand-painted porcelain head, porcelain hands and feet, and authentic hand-tailored costume. Each doll will be accompanied by a display stand at no extra charge.

I need send no money now. The collection will be issued at the rate of one doll every month at a cost of $29.50 per doll (plus $2.00 for shipping and handling). Any doll I am not satisfied with may be returned within 30 days for a replacement or refund, and this subscription may be canceled by either party at any time.

Name _____
PLEASE PRINT CLEARLY

Address _____

City/State/Zip _____

☐ Check here if you want each doll charged to your:
☐ VISA ☐ MasterCard

_____
Credit Card No. Expiration Date

Signature _____

Allow 8 to 12 weeks after payment for initial shipment.

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Singer Amy Grant—is amazed to find herself the brightest star in Christian music. **42**

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(Cover painting by Lucian Lupinski)

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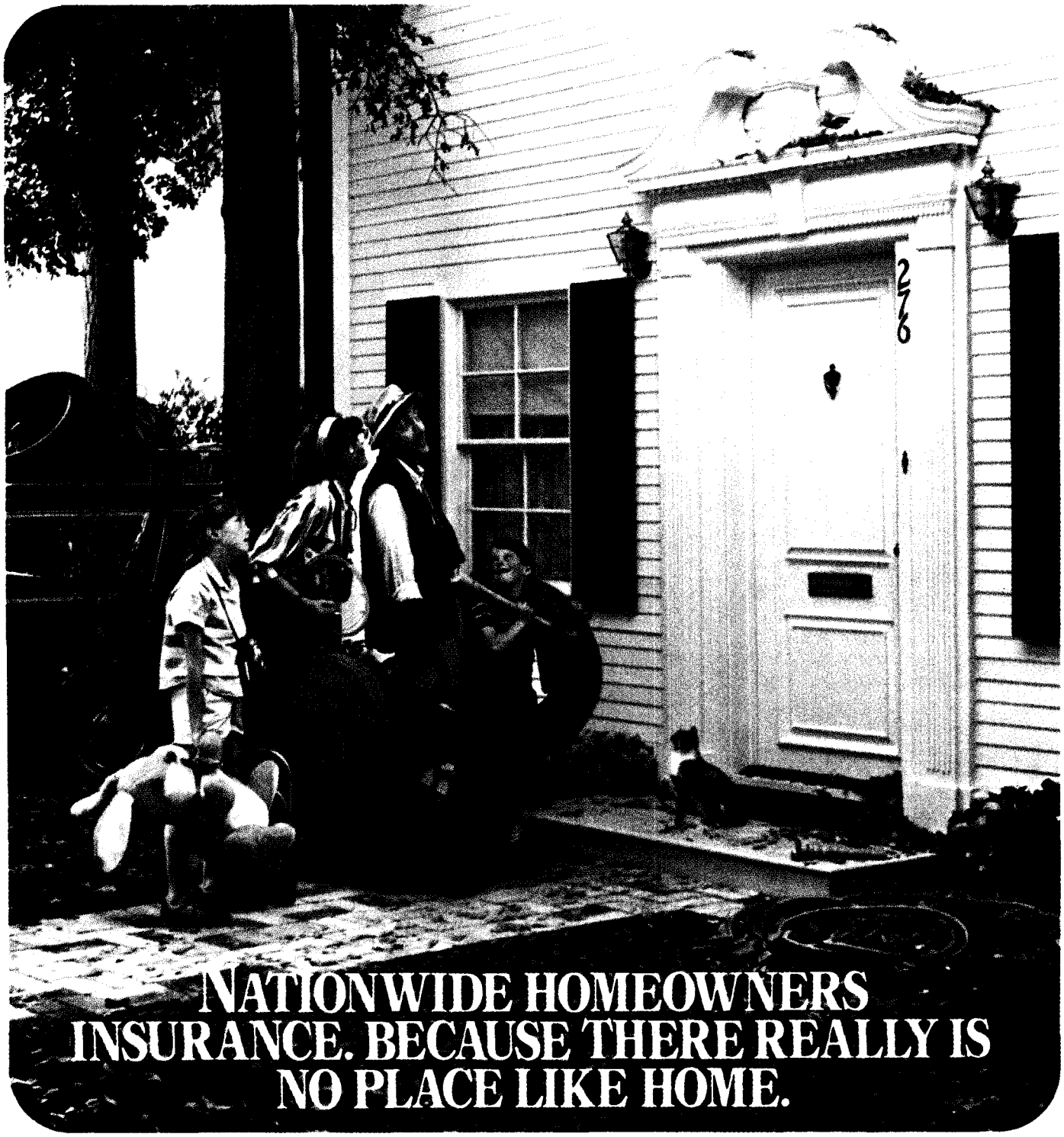

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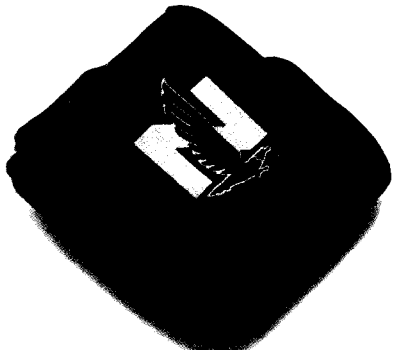

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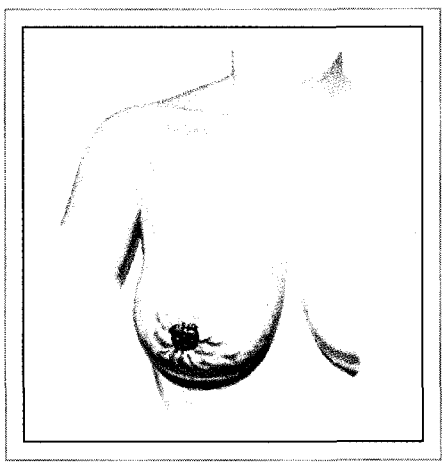
Letters

"You Saved My Life"

Your article on breast cancer literally saved my life. After reading it I went for a mammogram and a tumor was found three centimeters in size. I got the news on Thursday, saw a surgeon on Friday, and Saturday my left breast was removed. The dimpling of the nipple caused me to really take notice as your illustration on page 71 showed exactly what I had.



Dimpling Was the Tip-off

Fortunately, mine was caught before it invaded the lymph glands, and I do not have to have any further treatment.

Incidentally, I am 58 years old, a C cup, and had my first baby at age 31—a perfect candidate for breast cancer.

Thanks again for your life-saving article.

Mrs. E. Mauss
Paso Robles, California

The Pressure Is Off

I was so interested in "Kids Can Take Blood Pressure" in your April 1986 issue.

Our son was always "hyperactive," from about 2 years old. Never once was his blood pressure taken by our doctor. At the age of 12, and after many rough years in school (never once did a teacher or principal suggest he had a physical problem), his blood pressure was finally checked, when he entered the hospital for a broken arm. Within a short time, because of his high blood pressure, they found a severe kidney

continued on following page

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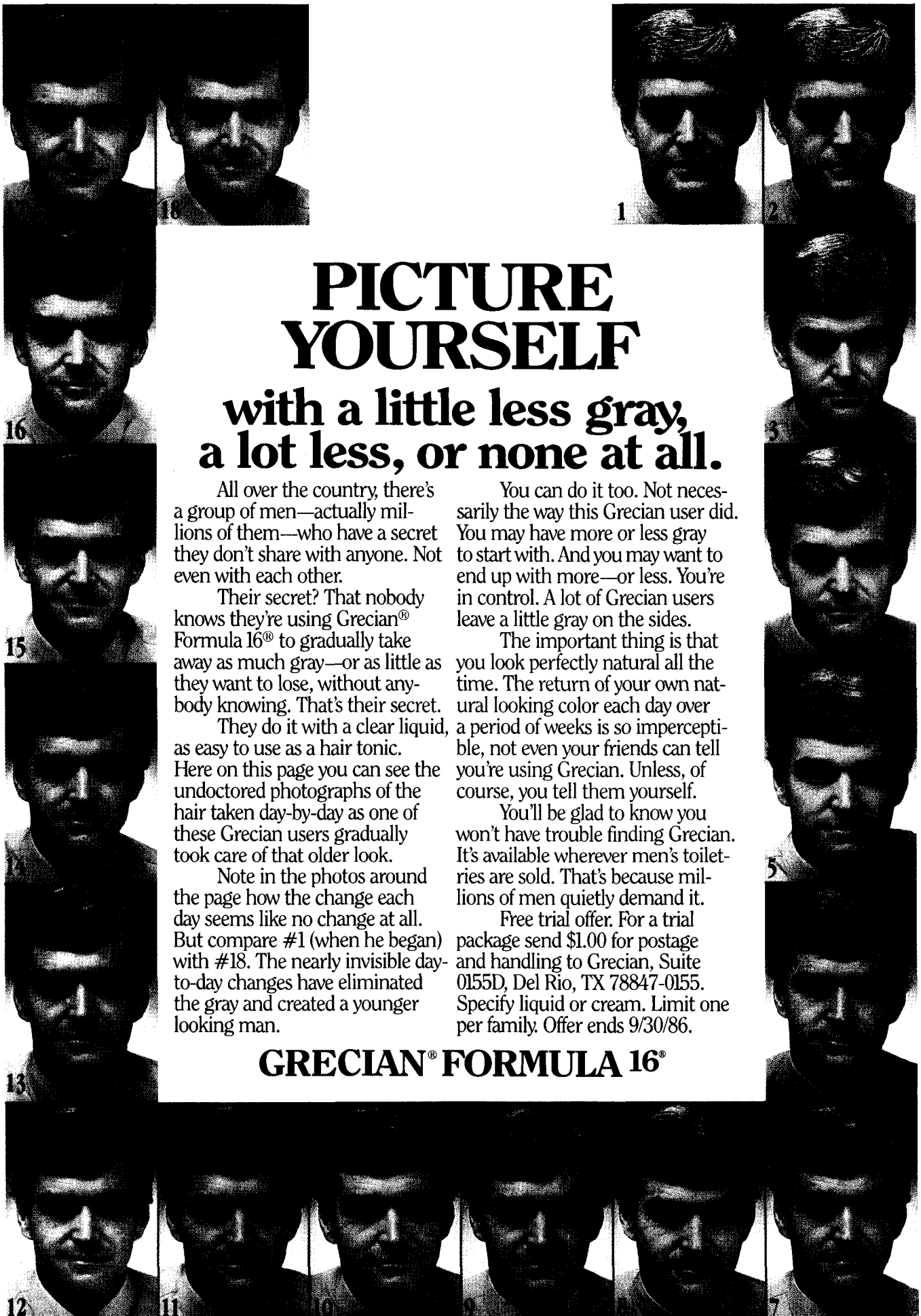

PICTURE YOURSELF

with a little less gray, a lot less, or none at all.

All over the country, there's a group of men—actually millions of them—who have a secret they don't share with anyone. Not even with each other.

Their secret? That nobody knows they're using Grecian® Formula 16® to gradually take away as much gray—or as little as they want to lose, without anybody knowing. That's their secret.

They do it with a clear liquid, as easy to use as a hair tonic. Here on this page you can see the undoctored photographs of the hair taken day-by-day as one of these Grecian users gradually took care of that older look.

Note in the photos around the page how the change each day seems like no change at all. But compare #1 (when he began) with #18. The nearly invisible day-to-day changes have eliminated the gray and created a younger looking man.

You can do it too. Not necessarily the way this Grecian user did. You may have more or less gray to start with. And you may want to end up with more—or less. You're in control. A lot of Grecian users leave a little gray on the sides.

The important thing is that you look perfectly natural all the time. The return of your own natural looking color each day over a period of weeks is so imperceptible, not even your friends can tell you're using Grecian. Unless, of course, you tell them yourself.

You'll be glad to know you won't have trouble finding Grecian. It's available wherever men's toiletries are sold. That's because millions of men quietly demand it.

Free trial offer. For a trial package send $1.00 for postage and handling to Grecian, Suite 0155D, Del Rio, TX 78847-0155. Specify liquid or cream. Limit one per family. Offer ends 9/30/86.

GRECIAN® FORMULA 16®

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and bladder infection—50 percent of both kidneys were destroyed. After many hospital visits, several different hospitals, tests, and exploratory surgery, he is doing fine but will be on medication the rest of his life to keep the infection away. We are so thankful that his kidneys still work. But why don't all doctors take children's blood pressure? As our urologist said, "Any child who has high blood pressure indicates a medical problem."

Thank you for your fine article.

Mr. and Mrs. Ed Rose
Quincy, Illinois

The Bible verse Hosea 4:6, "My people perish for want of knowledge," is as true today as it was the day it was first spoken. The Children's Better Health Institute is trying to launch a Medical Detectives Club, in which young elementary-school and junior-high children learn to take blood pressure on each other to screen for the estimated 2.7 million of our schoolchildren who have high blood pressure. Many of these children are, as was your son, undiagnosed.

If you would care to help, send your contribution to Children's Better Health Institute, 1100 Waterway Blvd., Indianapolis, Indiana. A $20 tax-deductible donation will buy a children's-size blood-pressure cuff for one school.

Post Picker-upper

March 12, 7:30 p.m. It's been a bad day and I'm rather down. I finally get a chance to pick up the *Post* (which I've been trying to read for two days), and the third article I read is "Spaced Out" by the "great" Maynard Good Stoddard. (Andy Rooney, watch out!) I've always enjoyed his articles, but this one is the best in a long time. It was the highlight of my day.

The April issue was really packed: Cosby, Sagan, Nixon, plus so much more. Keep up the excellent work.

Anne Owens Monteith
Hixson, Tennessee

Amaranth Growing Well

Thanks to the Society for some amaranth received last spring—we are enjoying it in many recipes. With flour, ground in a food processor, many uses are possible. My wife uses it in corn bread, pancakes, cookies, and I cooked some popped amaranth in oatmeal—a delicious dish!

We planted a few ounces of it last fall and harvested several pounds from our vegetable garden. It grows well here, and I believe it would grow wherever tobacco is being grown. Tobacco was formerly grown on our farm, but we no longer plant it.

Enclosed is a picture taken in late summer 1985 of some of the plants and seed heads. The picture shows how tall the plants grew. I am 5'8" tall, and they tower well above me.

The plants shown were transplanted on June 19, from a small seed bed sown May 20. On July 11, another row was transplanted from the same

Growing Amaranth in Virginia

seed bed, and it also matured and produced good grain. Heavy rains in May had buried some seeds so deeply they were late growing.

We didn't realize the leaves were edible, but this year we plan to try some of them, too.

We are interested in high-lysine corn seed for planting, too. Where can we get a small quantity of it?

Hugh Chance
Jonesville, Virginia

Editor's Note: You can get small quantities of high-lysine corn seed by writing to the Society and enclosing a contribution to help defray the cost.

Safeguarding Nonsmokers

On behalf of the American Heart Association, the American Lung Association, and the American Cancer Society, we wish to express our concern about nonsmokers' exposure to smoke in indoor public areas.

A recent study by the Environmental Protection Agency estimates that 500 to 5,000 nonsmokers die each year of lung cancer caused by others' cigarettes. This study noted that "passive" tobacco smoke is the nation's most dangerous airborne carcinogen.

Other recent medical studies show that sidestream smoke contains *twice* as much tar and nicotine and *five times* as much carbon monoxide as smoke inhaled by the smoker. When inhaled, carbon monoxide increases an individual's blood pressure and heart rate. This creates stress for individuals with heart disease.

We want to urge people to contact their legislators in support of bills to prohibit smoking in public places.

Since the philosophy of our organizations is prevention of disease before its onset, it is our belief that these bills will help reduce the cost in terms of health care and human suffering, for which our society pays dearly.

Louise R. Levine, M.D.
President, Marion County Chapter
American Heart Association
Indianapolis, Indiana

Magnesium to the Rescue

This is to say thank you so much for the sample [of magnesium supplement]. This is like a miracle. I have had trouble getting to sleep. I always wake up three to four times during the night, and it's so annoying. I have been like this most especially for the past 1½ years.

It feels so good to fall asleep and stay asleep and wake up so refreshed. I sure need this! I have a very high-pressure job and this supplement has been a miracle for me.

I appreciate your introduction to this supplement and can't thank you enough.

Mrs. Bobbie Coppoletta
Odessa, Texas

I recently received a sample size bottle of Slow-Mag, and I am quite pleased with the calming effect they have had on me. I suffer monthly with PMS [Premenstrual Syndrome], and I find that the Slow-Mag seems to ease my irritability and nervousness.

I am requesting information about where to obtain additional tablets.

Linda Tobin
Swampscott, Massachusetts

Slow-Mag has been beneficial in reducing chronic depression and anxiety. Periodically in the past I've experienced symptoms of hypoglycemia, and for the past approximately three

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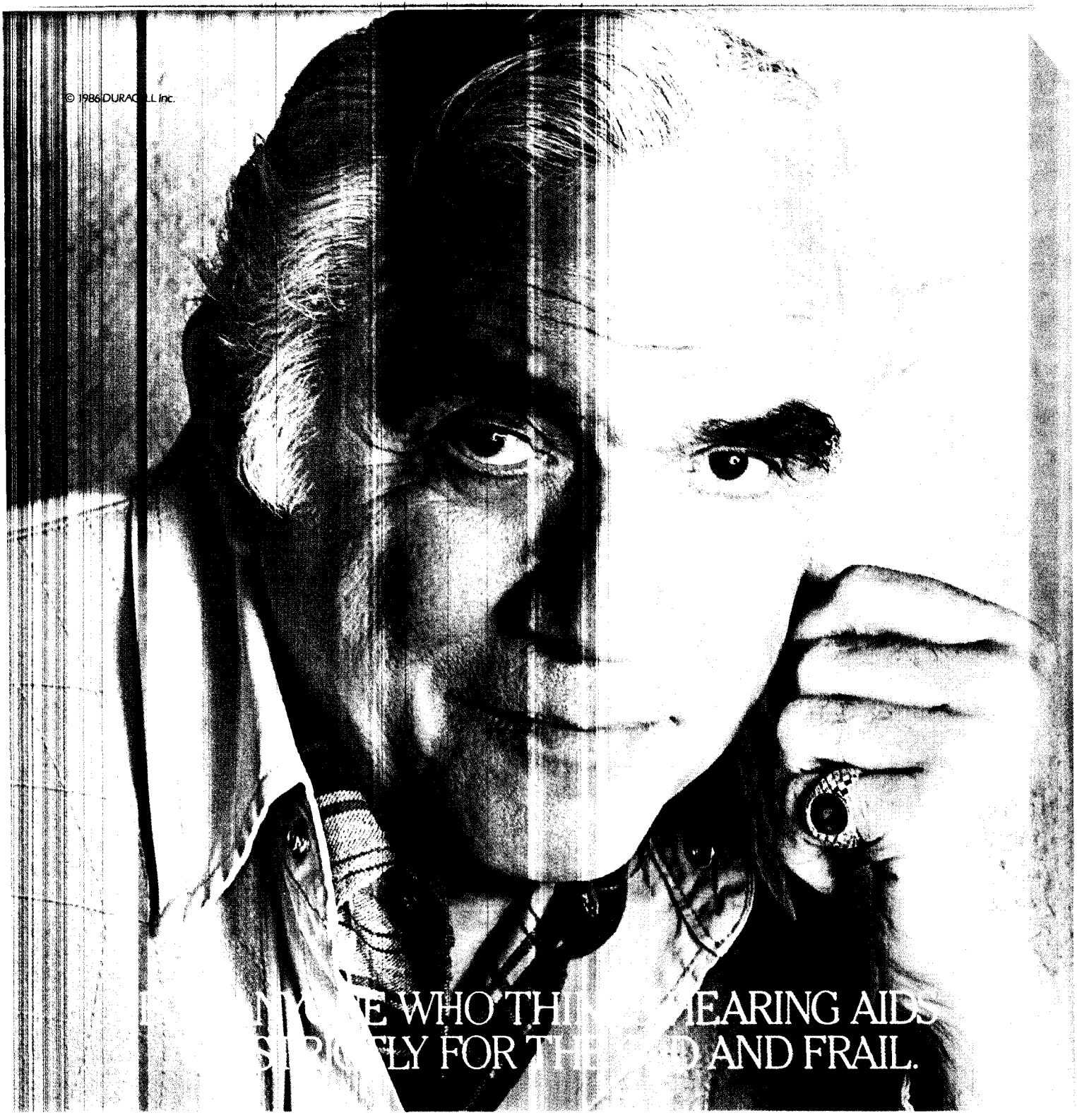

Lorne Greene hardly seems the type.

He's so vibrant. So active. So much a part of things.

Which is exactly our point.

Don't think of a hearing aid in terms of what you think you'd look like.

Rather, what you may already be missing out on.

Like a grandchild just learning to talk.

A bird's early morning serenade.

And all the people you want to be close to. The people who, unfortunately, may hesitate to share their thoughts with you because they're afraid you won't hear them. Or you'll ask them to repeat themselves. Or to speak up.

Or worse.

They'll think you're not interested in what they have to say.

A hearing loss can affect anyone. In fact, most Americans experience some hearing loss by age 30.

There's only one way to tell.

May is "Better Hearing and Speech Month." So go to your local hearing health care professional and have your hearing checked. Or call the Hearing HelpLine at 800-424-8576.

Because you should hear what you're missing.

Presented as a public service by the Better Hearing Institute through a grant from Duracell U.S.A. & Activair—divisions of Duracell Inc.

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years I have been taking tranquilizers for depression and anxiety but want very much to discontinue these.

Generally, I haven't been troubled with sleeplessness, although my quality of sleep seems to have improved since I began taking Slow-Mag.

I would very much appreciate information as to where it can be bought. Thank you.

Doug Vought
Indianapolis, Indiana

Oats for Diabetics

Can you give me more information on oat bran and diabetes? How much oat bran a day? Does it help all diabetics? How does it help?

We have two diabetics in our family, who could benefit from this information and the use of oat bran.

Mrs. S.D. Myers
Franklin, Massachusetts

Editor's note: We're sending you prior articles about Dr. James Anderson's research into the benefits of oat bran and other soluble-fiber foods for diabetics.

Defining Deviant

As a full-time employee with an AIDS prevention program, I would like to respond to the article "Help Prevent the Spread of AIDS" which appeared in Medical Mailbox in the Jan./Feb. '86 issue.

The doctor begins by stating that naturally the reader will not indulge in promiscuous or deviant sexual practices. Promiscuity is defined by the federal government as having more than one sex partner per lifetime! Likewise, deviant sexual practices are viewed by many as any sexual behavior which does not result in pregnancy.

Michael Bridge, M.A.
Fresno, California

Colitis Club Phenomenon

I no longer have back spasms—seems to have been connected to my constipation problem. Apparently I needed the full 30 days to realize the total benefits of your Colitis Club diet—I feel great! I have given copies of the diet/questionnaire to my doctor and many friends and relatives. I have not eliminated milk and ice cream from my diet—I use Lactaid (a commercial enzyme for digesting milk). Also corn sweetener is apparently a primary irritant for me. There have been two or three times when I ate things, not knowing that corn sweetener or a corn product was an ingredient of the recipe or food product—and felt very bad because of it. And I have apparently become super-sensitive to corn sweetener after not consuming any for a while.

Bruce Johnson
Dayton, Ohio

The Colitis Club diet has been an answer to prayer. I had been diagnosed as having an intolerance to lactose and caffeine about a year ago. The above caused projectile vomiting and severe muscle cramps in my legs, arms, diaphragm, and abdomen.

When I gave up the caffeine and lactose the above symptoms stopped, but I continued with excessive intestinal gas and frequent bouts of severe diarrhea. By taking large amounts of Kaopectate, I could leave home a couple of hours after lunch, but by dinner time I was very uncomfortable with excessive intestinal gas.

I have had bronchial pneumonia twice and was treated both times with erythromycin. The first time it left me with diarrhea, and the second time I started having the spells of severe projectile vomiting.

I can now leave my home in the morning and eat out in the evening and feel comfortable.

I cannot thank you enough.

E. Nadine Thompson
Traverse City, Michigan

After colon surgery, I have been on a low-residue diet. I have been bothered with gas and diarrhea since that time and sometimes it has driven me crazy.

After being on your diet for a few days I noticed the biggest difference in my system. I did not have to take my gas-control pills after each meal, and did not have the bouts of diarrhea that I was subject to so often before. In fact, the whole month I remained on your diet I was fine.

The past two days I have slipped and eaten things I should not eat, and back again I went to gas and a fit of diarrhea.

I hate to think I must stay on this diet, but I guess I will have to if I want to go out in the public.

Thank you for sending it to me.

Theresa Facciolli
West Chester, Pennsylvania

I was part of the Kidney Stone Formers Club that took a tour of the lithotripter a couple of years ago. I have had side pain for several years intermittently. My doctor recommended back exercise and antacid to no avail. I started on your Colitis Club diet and seemed definitely improved. I was a regular milk drinker; I slowly went back to taking in everything but milk and orange juice

"Underachievers, Incorporated. . . What's the least I can do to help you?"

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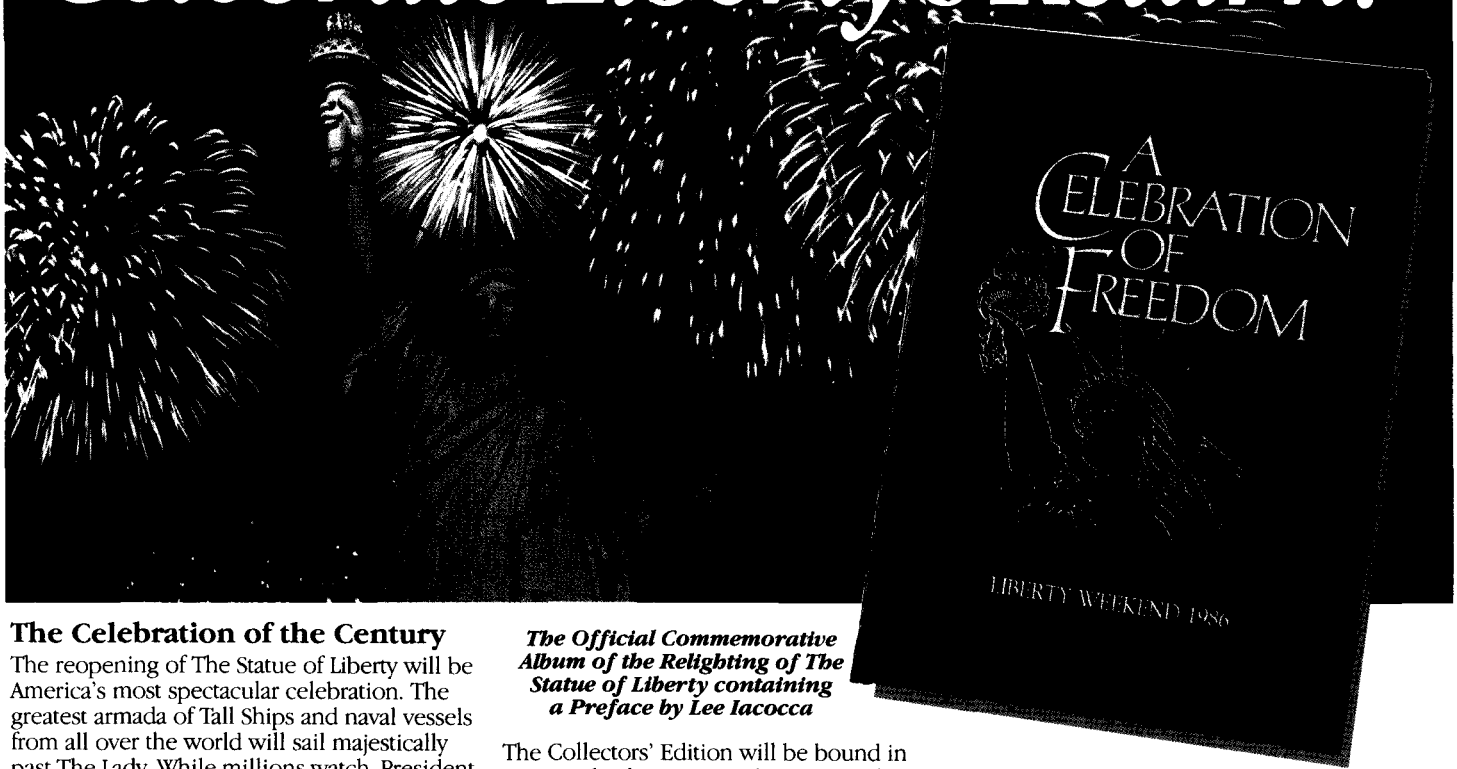
Celebrate Liberty's Return!



The Celebration of the Century

The reopening of The Statue of Liberty will be America's most spectacular celebration. The greatest armada of Tall Ships and naval vessels from all over the world will sail majestically past The Lady. While millions watch, President Reagan, joined by world leaders and famous Americans, will rekindle the flame of Liberty and launch the salute to the most cherished symbol of our national heritage. There will be entertainment galore — from star-studded musical extravaganzas to the world's largest fireworks display. And the magnificent Closing Ceremonies will surpass even the incredible finale of the 1984 Olympics.

A Treasured Family Heirloom

You can keep this historic event alive — for yourself, your children, and future generations when you purchase *A Celebration of Freedom – Liberty Weekend 1986.*

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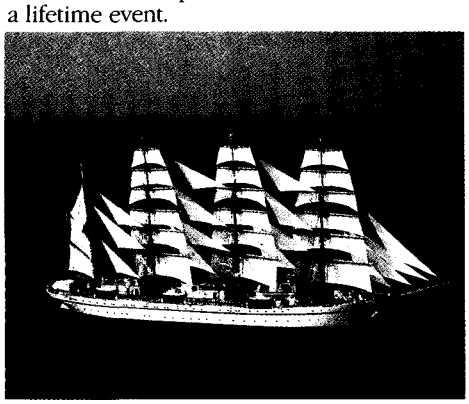

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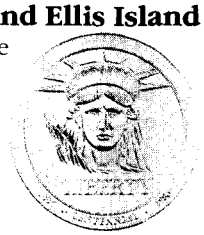

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and still felt good. One night I had some rich ice cream and had a bad following day. I hate to give up milk, but it's well worth overcoming the pain. The toughest diagnosis problem is the delay between intake and pain. Encourage your readers to stick with a change in diet until the residue cleans out. Thanks so much for the relief you have provided.

Stan Thayer
North Huntingdon, Pennsylvania

We're so glad the diet for irritable bowel syndrome has helped so many. Others wishing information about the colitis research may obtain it by writing to: Colitis Club, P.O. Box 567, Indianapolis, IN 46202

Does "Discourage" Restrict?

I was concerned by Alan Buck's letter entitled "Reproduction Rights" in the April '86 issue. It suggested that hemophiliacs be discouraged from reproducing and "perpetuating their affliction."

I am amazed that one can feel entitled to speak out on such a personal and private issue. Doesn't the hemophiliac, or the parent of a child with cystic fibrosis, understand these issues well enough to make his own decision? If we restrict certain diseased individuals, or carriers of disease, from having children, when do the restrictions end?

Shall we restrict people who have diabetes or color blindness from having children? Shall we subject all pregnant women to amniocentesis to rule out too many boys or too many girls in our society? Shall we restrict family size to two or three children? What about less-than-perfect children with mental or physical handicaps—shall we limit their existence?

It is ridiculous to mention these circumstances. I hope I never see "reproductive rights" advocated in this country.

Kristin Marriott
Mobile, Alabama

Smoke Signal

Congratulations to you, and Ian M. Rolland, for his selection to receive the prestigious Benjamin Franklin Award. His decision to make the headquarters of the Lincoln National Corporation smoke-free is a perfect example of what we as individuals can do without always depending upon government to protect us. Perhaps by this recognition other top executives will follow his lead, thus leading eventually to a much healthier and more pleasant work environment for us all.

Keith E. Banks
Warner Robins, Georgia

Inside Dope

"Our Greatest Enemy" by Bob Slosser (March '86 *SatEvePost*) omitted one important fact!

Nikita Krushchev "promised" us he would destroy us and would accomplish destruction from within! Though Krushchev is no longer living, he is getting it done!

Greed by the pushers and lack of purpose in our young people will be our downfall. A country is only as strong as its youth, and from where I sit it's not very promising!

Janice W. Phelps
Jacksonville Beach, Florida

Doing Unto Others

I read with much interest the excellent article written by Mary Blocksma about her father, Dr. Ralph Blocksma, a plastic surgeon, who at his expense has served many medical needs of Third World countries. The authoress also so graciously wrote about the giving of time and professional abilities of other surgeons.

Many in the medical-dental professions are looked upon as "fat cats," building our palaces here on earth with little or no thought of our fellow men, women, and children in needy countries.

Dr. Blocksma is a fellow member of the Christian Medical and Dental Society (CMDS) with approximately 6,500 members. CMDS has 12 to 15 medical group missions (MGMs) per year, each one consisting of 40 to 150 physicians, dentists, and paramedical personnel who travel to needy countries. Each participant pays his or her own way.

Within the past month, a group of 86 traveled to Honduras, saw 9,200 patients, and performed 66 operations; 1,000 dental patients were seen and 2,800 extractions performed. A recent eye project to Ecuador consisted of 104 participants, who treated 10,900 patients and performed 418 eye operations—with 60 artificial eyes fitted and 8,000 pairs of glasses dispensed.

Doctor Blocksma is a former president of the CMDS, as well as the Medical Assistance Program (MAP International). Through the years, MAP has sent millions of dollars worth of pharmaceuticals and medical supplies to mission fields, needy nations, and crisis areas of the world.

There are physicians and dentists who care and DO.

Congratulations for a wonderful article and for a magazine that serves the needs of a world in need.

Arthur H. Svedberg, M.D.
Fort Myers, Florida

"Then it's agreed. If you'll audit my brother-in-law, I'll audit both your neighbor and your kid's orthodontist!"

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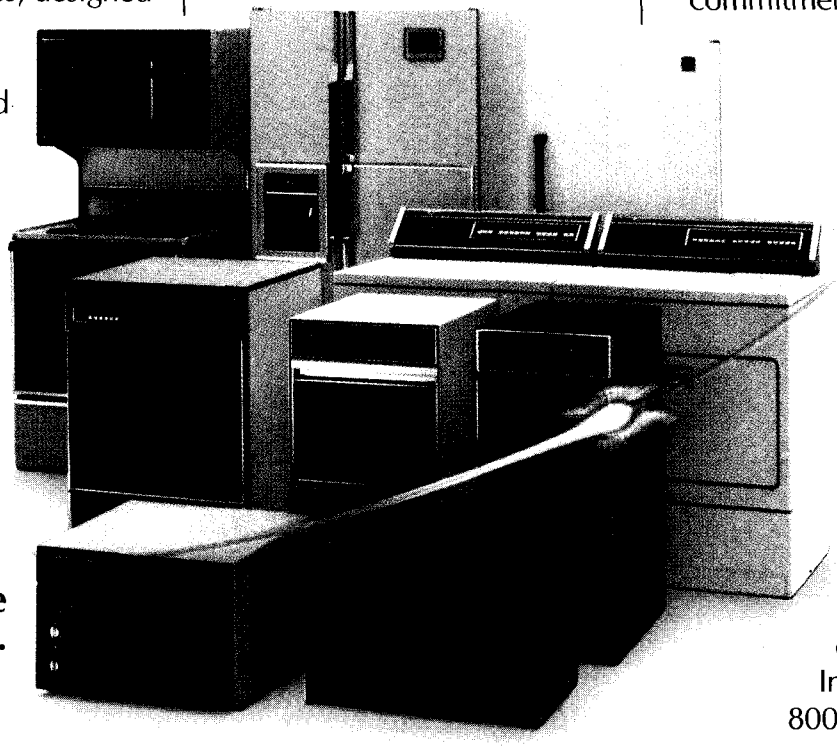

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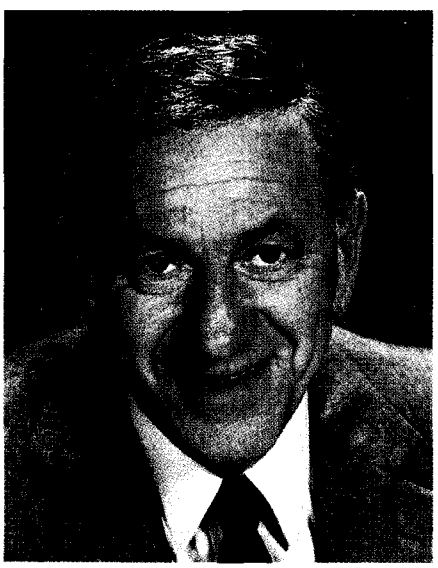
Post People

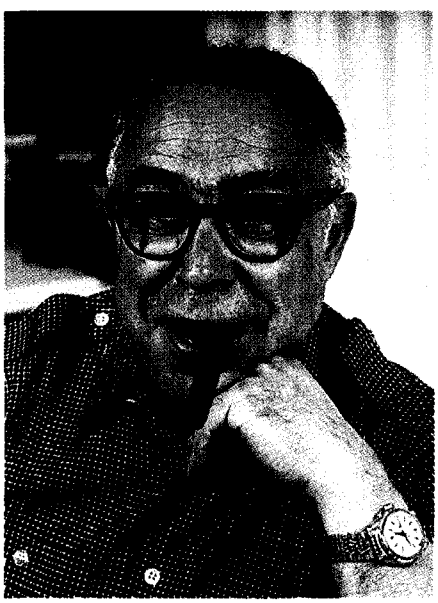
Robert Penn Warren, our nation's first official poet laureate, explains why his name is not a household word: "When I was a boy, poetry was taught in school. I was in country schools. . .and you memorized poems. It's not done now."

Spark Matsunaga, the Hawaiian senator who worked to create the new post, believes the poet laureateship will increase respect for poetry, and that "youngsters will aspire to become poets, just as politically minded youngsters aspire to the presidency."



After stints in summer stock, Broadway, and the movies, ***Jack Klugman*** first emerged from the shadows as Oscar Madison, the unrepentant slob who bedeviled the martinet Felix Unger in "The Odd Couple."

Now Klugman is back in another "couple" series on NBC's "You Again." This time the couple consists of a divorced man (Klugman) whose solitary lifestyle is interrupted when his troublesome teen-age son (John Stamos) comes to live with him. Who'll win this one is anyone's guess.



A funny thing happened to ***Art Buchwald*** on his way to a membership in the American Academy and Institute of Arts and Letters. In addition to his column in 550 newspapers, he has written 23 books bearing telltale titles of his funfare with the political scene.

When Buchwald asked his fellow academy inductee Russell Baker what the membership meant, Mr. Baker is said to have answered, "One more line in your obituary."

The leading lady of TV comedy is returning to the small screen for what millions of "I Love Lucy" fans hope will be a long-running encore. ***Lucille Ball*** will brighten the fall viewing

season in an ABC comedy series tentatively titled "Lucy."

"I'm looking forward to going back to work," the perpetual comedienne has said—work for her; fun for the rest of us.

Although she became a national star as the dieting Rhoda in the "Mary Tyler Moore" super hit, and her spin-off show, "Rhoda," was No. 1 in the

Nielsens, ***Valerie Harper*** says, "I used to get some ego thing out of saying I wasn't a star, just an actress. Forget it. I'm a star. I wanted it. I worked for it. I got it."

Now she's doing it again as the wife of an airline pilot on the NBC-TV comedy series "Valerie."

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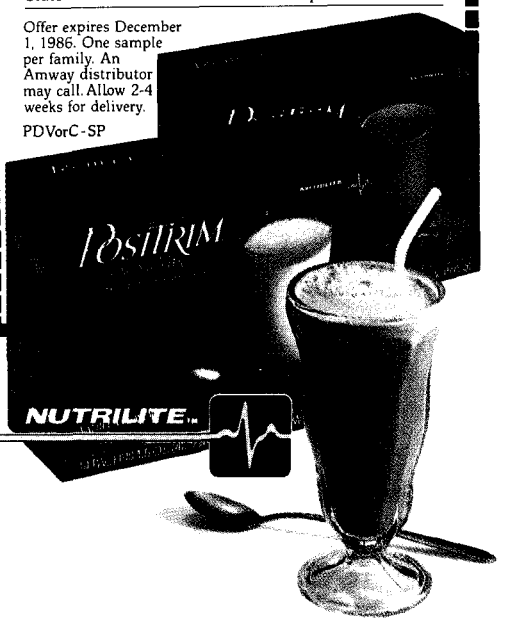

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SWEET NOTHINGS

"Honey" may be a bit sticky, but as a term of endearment it beats the pants off the tender whisperings of "poopee-doodle" and "snugglepups."

by Charles Monagan

Right up until the moment it began to happen, I never thought I'd end up calling anyone "honey"—or, for that matter, being called "honey" by anyone. Although I secretly craved the affection such a nickname implied, I just never thought of myself as the "honey" type. The word smacked of quiet and complacency, of His and Hers towels and mild sitcom days and nights. It wasn't me.

Nevertheless, here I am now, married just over a year, honeying and being honeyed at a rate that would leave even Rob and Laura Petrie of the old "Dick Van Dyke Show" spluttering with wonder. Indeed, my immersion in the charms of "honey" has been so thorough that I'm today prepared to declare it a remarkable word, clearly the champion of all the terms of endearment.

First in its favor, "honey" is a pleasant and mellifluous word to mouth; with just a little practice it can be made to spring forward naturally on the tongue as a ready ally of domestic peace. (On the other hand, it can just as easily be withheld, its sudden and very noticeable absence having an effect more withering than a blow to the head with a rolling pin.) Also to its credit, "honey" is an elastic word, as fluid as the substance it names in nature: In conversation it can be used lovingly, imploringly, ironically, and soothingly. When used sweetly, it is a word that can be exchanged by two people in a public place without arousing undue attention.

The other classic endearments are not so versatile, I think. "Dear" seems too curt and patronizing, with an enormous potential for sarcasm. "Darling" is theatrical, not suited for use ten times a day, except by Bette Davis or someone of comparable self-possession. "Sweetheart" is lovely but Victorian, redolent of romance on a bicycle built for two. "Sweetie" seems to me not very well suited to the throes of passion, let's say.

Still, any of these classics is greatly preferable to many other reputedly popular pet names, which ought to frighten off even the most ardent wooer. For instance, would anyone wish to be called "duckywucky" in public, or even in private? Do people truly harbor a desire to be called "lamb's lettuce"? Is there a love so deep and sure that it can survive repeated whisperings of "poopee-doodle" or "snugglepups"? Probably not, you'd say, and yet all these endearments have earned a place in *The American Thesaurus of Slang*—along with cud, fiddledeflumps, goofus, izzum-wizzum, nizzle-nozzle, oodlum, ooky, oosums, whoozis, and scores of improbable others.

It seems that people have always been willing to call one another virtually anything in the name of love. The names arise from a broad range of sources, of course, but for some reason many are evocative of the larder. Lambchop, dumpling, muffin, and pumpkin lead this grocery list, but there's plenty for dessert, too, with cupcake, sugar, puddin', and pie on the menu, and all the possible combinations (sugar dumplin', cutie pie).

In addition to these standard offerings, most of us probably know of people who've dizzily struck their own courses in the realm of intimacies. I know a husband and wife who call each other "honey bunny" (she) and "funny bunny" (he). I've also heard tell of a "cookie face," a "studmobile," and a "jerk head" (this last entry opening up a whole new world of offensive endearments).

It was W.C. Fields who perhaps best saw the humor inherent in such ludicrous endearments. It is hard to think of him speaking to anyone without "my dear" or "my sweet" or even "my good man" tossed in like a bouquet bought on credit. And when he was particularly intent on winning his way into a woman's affections—or, more likely, her purse—he was able to reach delirious heights of false charm ("my little chickadee," "my tender morsel," "my slim reed").

As I recollect, it was my wife who dropped the first casual "honey" into an otherwise unremarkable sentence, but it was I who took the new name in stride. There was a sweetness and a naturalness to it, and I was eager to put it into play myself. When the first opportunity presented itself, there was no hesitation on my part.

So now it's honey-this and honey-that and honey all day long. If marriage can occasionally dissolve into spells of errands and logistics and favors, the "honey" reminds each partner of the deeper resonances afoot. In its way, "honey" is the Pavlovian pleasure bar of marriage. We tap it repeatedly, and we are rewarded beyond measure. ❦

Appeared originally in *New Age Journal*.

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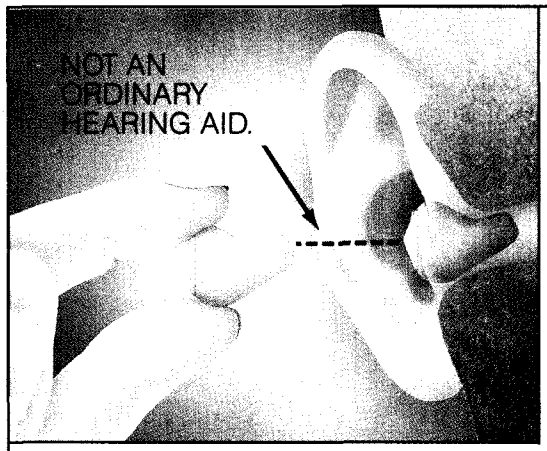

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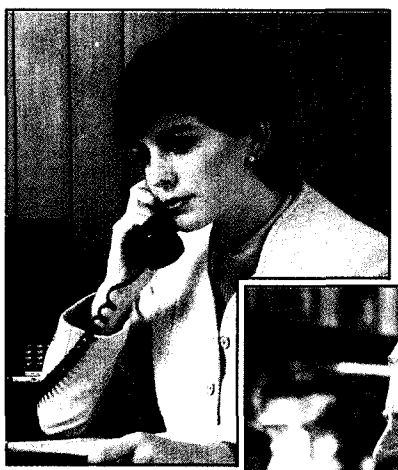

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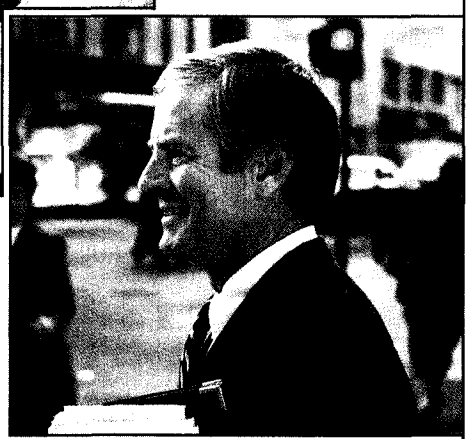

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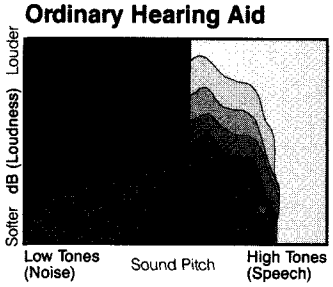

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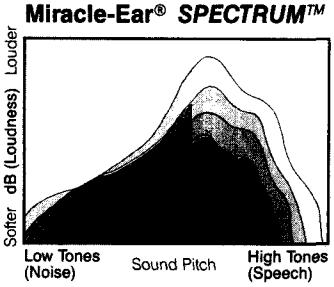

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PARTIES WITHOUT PANIC

To avoid the harried-host syndrome, prepare party foods in advance and heat them in the microwave.

by Jacquelyn Nyenhuis

Ideally, hosts should enjoy a party as much as their guests. In practice, however, this seldom happens. Blame it on that last-minute mad dash to turn out tempting party morsels before the doorbell begins to ring.

This panic, which often leads to kitchen disasters, is now unnecessary, thanks to the microwave oven. First, of course, you must find recipes that can be partly prepared in advance and then brought to a swift conclusion a few minutes before serving. Surprisingly, these dishes may be cold as well as hot.

The following party snacks can be prepared from several hours to a day in advance.

Snow peas stuffed with bulgur filling make unique, delicious, and healthful snacks. Each contains just 30 calories. Stuffing the pods may sound difficult, but it's really a snap. The filling can be made a day ahead, but the stuffing should be done just before serving to keep the pods crisp.

If the peas are less than crisp when purchased, soak them in ice water for 10 to 15 minutes before filling to perk them up. The vegetable-and-bulgur mixture may be used to stuff mushrooms and cherry tomatoes, too. Use all three vegetables in alternating rows on a serving tray to prepare a colorful arrangement.

Dates and pecans make Tiny Yam Muffins a favorite party treat. Special microwave baking accessories can be costly, but an egg carton—either cardboard or Styrofoam—is all that is needed for this recipe. The microwaves will pass right through both materials. Some microwave ovens have hot spots that may cause some of the muffins to bake faster than others. If you have this problem, just remove the muffins as they finish cooking. Cook the remaining muffins 15 to 30 seconds longer. Serve miniature muffins hot in a colorful basket.

Roll sprouts, greens, and cheese in a flour tortilla to make Tortilla Pinwheels bursting with flavor. The recipe calls for romaine lettuce, but other greens can be substituted. Remember that the darker greens have more nutrients and will be most attractive on the serving platter. For a spicy touch, add a few chopped jalapeno peppers to the cheese filling. Garnish the tray with red and green peppers for a festive look.

Strawberry Freeze will cool the palate and keep guests coming back for more. After trying this recipe, you may want to brand it as your own by creating unique fruit-flavor combinations. (Bananas and cherries blend well.) A slice of kiwi fruit or a strawberry can serve as a sidecar for each glass. Don't worry about making too much—any leftover beverage can be frozen. To serve later, microwave one quart of the frozen drink on High for 1 to 1½ minutes or until slushy.

The key to a great party is confidence. Try the recipes before the party so you can relax and know that everything is going to go smoothly. With a little help from the microwave, even the host will be able to join in the festivities.

Stuffed Snow Peas

(Makes 2 dozen)

1 cup water
½ cup fine bulgur wheat
1 cup finely chopped onions
1 cup finely chopped parsley
¾ cup chopped tomatoes
1 clove garlic, minced
⅓ cup fresh lemon juice
½ teaspoon salt substitute
½ teaspoon pepper
3 tablespoons olive oil
1 tablespoon chopped fresh mint leaves
24 fresh snow-pea pods

Microwave water and wheat in 1-quart casserole at High (100 percent) for 7½-8 minutes or until tender; drain well. Add remaining ingredients except snow peas. Toss well and let marinate 1 hour. Wash snow-pea pods and remove stems. Carefully open along side. Spoon filling into opened pod. Arrange on serving tray.

Tiny Yam Muffins

(Makes 4 dozen)

1 package active dry yeast
¼ cup warm water
¼ cup bran cereal
¼ cup high-lysine corn meal
2 tablespoons molasses
1 tablespoon cooking oil
¾ cup orange juice
¾ cup mashed, cooked yams
1 teaspoon salt substitute
1 teaspoon cinnamon
½ teaspoon almond flavoring
1½ cups whole-wheat flour
1 cup unbleached flour
1 cup minced dates
1 cup chopped pecans

continued on page 102

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A SHORE LUNCH IN YOUR KITCHEN

Capture the fresh-caught flavor of your favorite fish in delicious and healthful recipes.

by Babe and Charlie Winkelman

It is sad to hear so many people say, "I don't care that much for fish." In many cases, I'm sure they've never really tasted properly handled fresh fish in all its glory.

Unfortunately, fish is more perishable than any other kind of meat. Deterioration begins shortly after a fish dies; if you don't take steps to slow it down, deterioration will continue. Many people who say they don't like fish actually don't like stale, rancid, freezer-burned fish. They just don't know what a difference freshness makes. Those same people, when served fish fresh from a lake, will probably ask for seconds and thirds.

If you take proper care of your fresh-caught fish, that wonderful "shore lunch" quality will last a long time. Give fish a chance to taste good. The results are worth it.

Freshness Tips

• Don't drag fish around for hours on a stringer in warm water. Throughout most of the year the upper layer of water will be warm. Fish towed on a stringer will quickly die and begin to spoil. If you are fishing in very cold water, you can safely hold fish on a stringer for a short while.

• Don't leave fish on a stringer or in a livewell a long time before cleaning them. Even fish kept in an aerated boat livewell can die if the water gets too warm.

• Don't let fish thrash around in the bottom of the boat or in your cooler or livewell. They'll bruise themselves and begin to lose quality. If you plan to keep fish, kill them with a conk on the head, just behind the eyes.

• If you kill your fish or if they die, don't let them lie around in the water. Water allows harmful bacteria and enzymes to spread, which hastens the processes that spoil good flavor.

• If you must kill your fish hours before cleaning them, field-dress them to remove gills and entrails. These areas are the first to spoil, and they'll quickly lower the table quality of the whole fish. Thoroughly wash out the body cavity with water to remove all fluids, then chill the fish. Don't cut open the intestines or stomach; they hold powerful enzymes that quickly destroy freshness. If you do cut these areas, wash the fish and put it on ice immediately.

• Keep fish alive and healthy, or kill them and put them on crushed ice immediately.

• Bleed your fish by cutting off the head or tail if you aren't going to fillet it right away. If fishing regulations require that the head and the tail remain intact, cut through the tail and leave it attached by a flap of skin.

• If possible, store fish on crushed ice. Keep the melt water drained off by opening the drain and propping up the other side of the cooler. If your fish is field dressed, work some ice into the body cavity.

Fish, unlike so many foods we like but shouldn't, is almost magically healthy. It is a highly desirable food for people who have to restrict their intake of calories (most all of us!) and sodium. Even saltwater fish has very little sodium. And fish has an excellent ratio of the good stuff (protein) to the bad stuff (calories).

There's more good news, too. Unlike vegetables that are healthy but incomplete sources of protein, fish provides complete protein that is easily digestible.

Fish is also rich in vitamins, espe-

continued on following page

About the Authors: *Babe Winkelman hosts the popular television series "Good Fishin'." He is a walleye specialist and one of the five noted fresh-water fishermen featured in the* Post*'s "Going Fishing with the Pros" series. Charlie, Babe's wife, is an expert in fish preparation and a co-author of their recent gourmet guide,* The Strictly Fish Cookbook.

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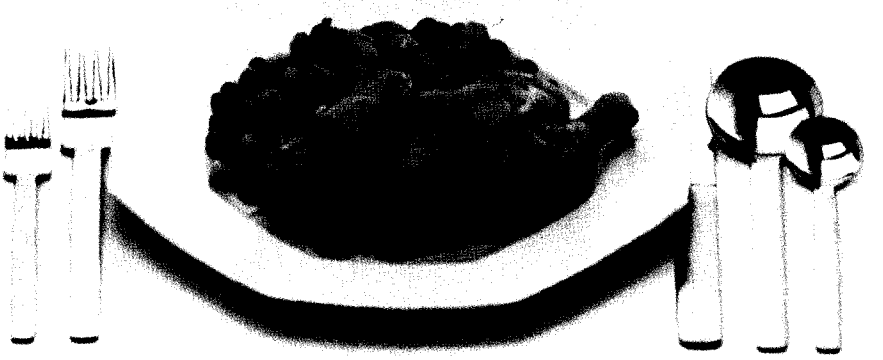

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cially A and D, and in leaner fish, the B vitamins.

All this adds up to an overwhelming endorsement of fish as a food. It is the best and the healthiest meat of all. We'd certainly be better off if we ate more of it and less of the more traditional sources of protein.

Baked Trout
(Makes 8-10 servings)

4-6 medium-size trout (about ½ pound each)
Juice from 1 lemon
1 teaspoon salt (optional)
1 clove garlic, minced
1 cup white wine
2 tablespoons chopped parsley
2 tablespoons chopped green onions
2 tablespoons dry bread crumbs
4 tablespoons melted margarine

Preheat oven to 400° F. Wash trout thoroughly and dry with paper towels. Rub outside with lemon juice and sprinkle with salt (optional). Arrange minced garlic in bottom of oiled, shallow baking pan. Place fish in single layer over garlic and pour wine over top. Sprinkle with parsley, green onion, and dry bread crumbs; spoon on margarine. Bake 20 minutes.

Baked Trout with Tomatoes
(Makes 8-10 servings)

3½ pounds trout
Salt (optional)
2½ cups cooked tomatoes
¼ cup diced onion
½ cup diced celery
Juice from cooked tomatoes
1 egg yolk
½ cup cream
½ teaspoon Worcestershire sauce

Preheat oven to 350° F. Rub trout with salt; place in baking pan. Cook tomatoes; drain and save juice for later. Cover with tomatoes, onion, and celery. Bake 40-45 minutes until fish flakes with fork. When trout is done, place on hot platter; keep warm while preparing sauce. Strain tomato juice. Beat egg yolk with cream; add tomato juice and Worcestershire sauce. Heat to boiling and cook 2 minutes. Pour over fish and serve.

Baked Perch
(Makes 8 to 10 servings)

3 pounds perch fillets
1½ tablespoons margarine
1 tablespoon flour
1 onion, minced
1 chicken-bouillon cube
1 cup hot water
1 bay leaf
1 teaspoon lemon juice
Salt (optional) and pepper
½ cup bread crumbs

Preheat oven to 400° F. Spread perch fillets evenly in greased baking dish. Melt margarine in small pan. Stir in flour and onion. Dissolve bouillon cube in 1 cup hot water; add flour mixture and bay leaf. Stir and simmer 15 minutes, until mixture is thickened. Add lemon juice, salt (optional), and pepper. Remove bay leaf and continue stirring. Pour over fillets and sprinkle with bread crumbs. Bake 20 minutes.

Baked Perch Fillets
(Makes 8 servings)

¼ cup finely chopped parsley
8 medium-size perch fillets
2 tablespoons finely chopped parsley
2 tablespoons chopped fresh dill or 1 teaspoon dill seed
¼ cup hot water

Preheat oven to 350° F. Cover bottom of baking dish with ¼ cup parsley; arrange fish on top. Sprinkle with remaining parsley and dill. Add hot water. Bake 20-25 minutes.

Walleye with Special Vegetable Sauce
(Makes 10 to 12 servings)

2 pounds walleye fillets
Juice of 1 lemon
½ teaspoon thyme
Freshly ground pepper

For sauce:

1 tablespoon unsalted margarine
1 tablespoon sunflower or sunflower oil
2 large onions, sliced in rings
1 teaspoon coarsely chopped garlic
1 large green pepper, cut in thin strips
3 cups ripe tomatoes
2 tablespoons finely chopped dried basil, or 1 teaspoon finely chopped fresh basil
¼ teaspoon thyme
¼ teaspoon oregano
¾ teaspoon sugar
¼ teaspoon ground pepper

Preheat oven to 350° F. Lay fish out; sprinkle on all sides with lemon juice, thyme, and ground pepper. Refriger-

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ate. Heat margarine and oil in large skillet. Add onions. Cook about 10 minutes; separate rings as they cook. Add garlic and green pepper. Continue cooking and stirring until pepper strips are limp. Add tomatoes, basil, thyme, oregano, sugar, and pepper. Cook; stir well for 5 minutes. Cover and cook gently 30 minutes. Cool briefly. Take fish from refrigerator; spoon 1 tablespoon vegetable sauce onto center of each fillet. Roll the fillets. Put remaining sauce in baking dish. Arrange fish rolls on top. Dot tops of each fillet equally with extra amounts of minced garlic, chopped basil, crushed oregano, and margarine. Bake 20-25 minutes; baste frequently.

Walleye in Butter Sauce
(Makes 8 to 10 servings)

2 pounds walleye fillets
¼ cup margarine
1 tablespoon Worcestershire sauce
¼ cup chopped green onions, including tops
2 teaspoons lemon juice
Salt to taste
1 clove garlic, minced
¼ teaspoon cayenne pepper

Preheat oven to 375° F. Wash and dry fillets; place in baking dish. Combine all other ingredients and heat to boiling in saucepan. Pour over fish and bake 35-40 minutes or until fish flakes easily.

Bass in Wine
(Makes 8 servings)

1 teaspoon tarragon
¼ cup white wine
6 bass fillets (6-9 ounces each)
2 tablespoons diced onion
1 tablespoon melted margarine
Salt (optional) and pepper
1 tablespoon Worcestershire sauce
Chives, chopped

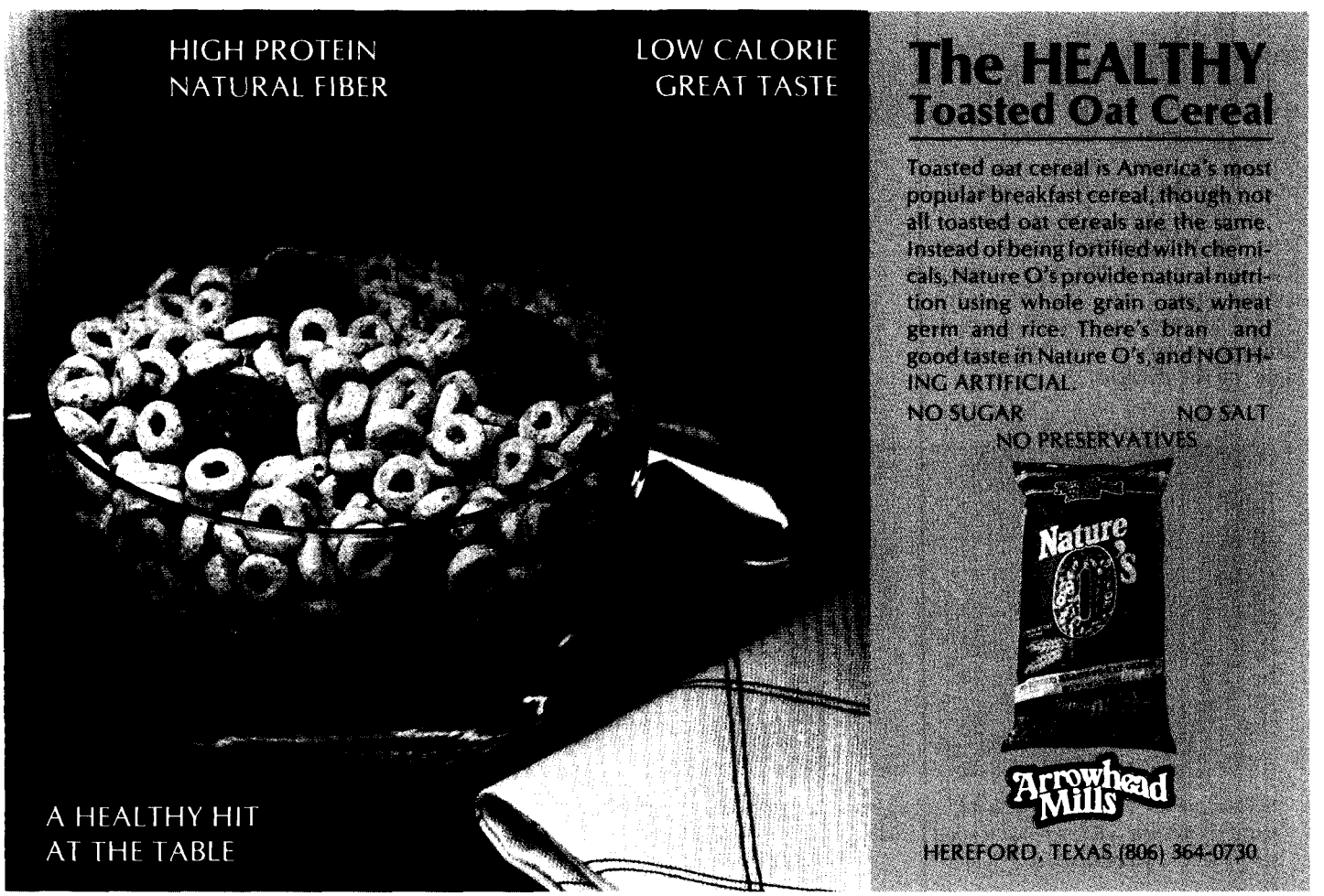
Preheat oven to 350° F. Soak tarragon in white wine for 20 minutes. Place bass fillets in oiled casserole, and sprinkle with diced onion. Dot with margarine, season with salt and pepper, and add wine. Cover casserole with buttered wax paper. Bake for 10 minutes. Remove wax paper, add melted margarine, and sprinkle with Worcestershire sauce. Replace paper; bake another 15 minutes. Once again, remove wax paper from casserole for the last 5 minutes of cooking time. Sprinkle lightly with chopped chives.

Bass Parmesan
(Makes 8 servings)

¼ cup melted margarine
2 pounds bass fillets
½ teaspoon salt (optional)
¼ teaspoon pepper
½ teaspoon lemon juice
2 tablespoons white wine
4 tablespoons grated Parmesan cheese
½ teaspoon paprika

Preheat oven to 425° F. Pour margarine in a shallow baking pan to cover bottom. Place fish fillets skin side up in a single layer; add salt and pepper to taste. Bake for 15 minutes. Turn fillets, add lemon juice and white wine, and sprinkle with Parmesan cheese and paprika. Bake another 5 minutes or until fish flakes.

From *The Strictly Fish Cookbook*, by Babe and Charlie Winkelman, © 1985. Babe Winkelman Productions, Inc., all rights reserved.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ATTACKING PLAQUE

Help may be on the way in the fight against dental health's public enemy #1.

by George K. Stookey, Ph.D., and H. William Gilmore, D.D.S., M.S.D.

Thanks to an increasing number of commercial advertisements and a continued emphasis on dental health-education programs, most of us have heard of dental plaque. Likewise, many of us are aware that dental plaque is largely an accumulation of bacteria on the surfaces of the teeth, especially the surfaces between the teeth and along the gum line. Though dental plaque itself is not a disease, the bacteria present in plaque are known to cause the most common dental diseases: tooth decay and periodontal (gum) disease.

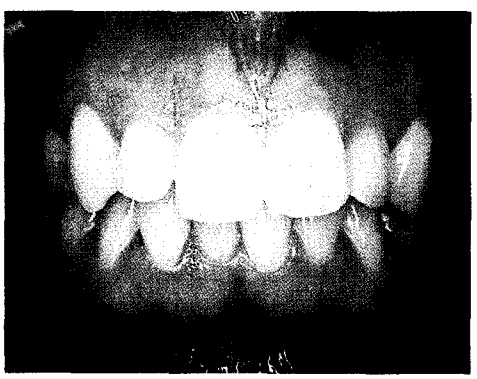
The use of fluoride has spectacularly reduced tooth decay in America, but periodontal disease continues as a major problem. More than half of all adults older than 18 have signs of at least the early stages of the disease, and nine out of ten will develop it during their lives. However, periodontal disease can occur at any age. Children as young as 5 or 6 may show signs of the disease.

Periodontal disease develops slowly. Irritants in plaque inflame the gums and make them tender and prone to bleeding. If the plaque is not removed daily, the likelihood of developing dental disease increases. Although plaque is not necessary for calculus (tartar) formation, sometimes plaque left unremoved will harden into calculus, which collects both above and below the gum line. Calculus makes plaque removal even more difficult, and new plaque forms over the calculus to further gum irritation. Flossing and brushing cannot remove the hardened calculus. Only professional cleaning by a dentist or a dental hygienist can do the job.

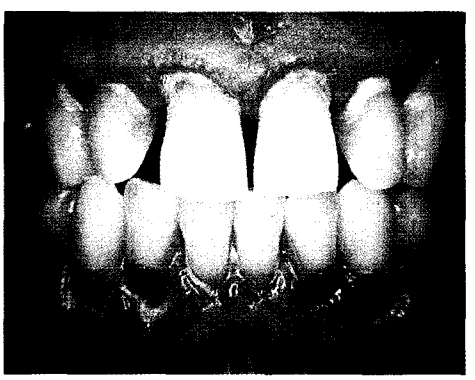
There are two basic ways to control dental plaque: mechanical removal with a toothbrush, toothpaste, and dental floss, and chemical control with toothpastes and mouthwashes that can kill bacteria and thereby reduce plaque formation.

The first method—brushing and flossing meticulously at least once daily—has long been the cornerstone of dental health. By brushing carefully, you can remove dental plaque from all tooth surfaces except those between the teeth: for these places you need floss. Toothpaste is not essential, but research shows that it does speed plaque removal and slow subsequent plaque formation. Toothpaste encourages people to brush longer because it leaves a pleasant, fresh taste.

No matter how they brush, most adults don't remove plaque completely by brushing regularly. Chemical agents could help, and a variety has been explored. By far the most thoroughly tested and effective agent is chlorhexidine. This compound, presently used in surgical detergents in the United States, has been studied for more than ten



Before the attack of plaque, healthy gingiva (gum tissue) and bone anchor a good looking set of teeth firmly in place.



Plaque and calculus may eventually destroy the supporting bone. Teeth if left untreated will fall out or must be removed.

Courtesy of American Dental Association

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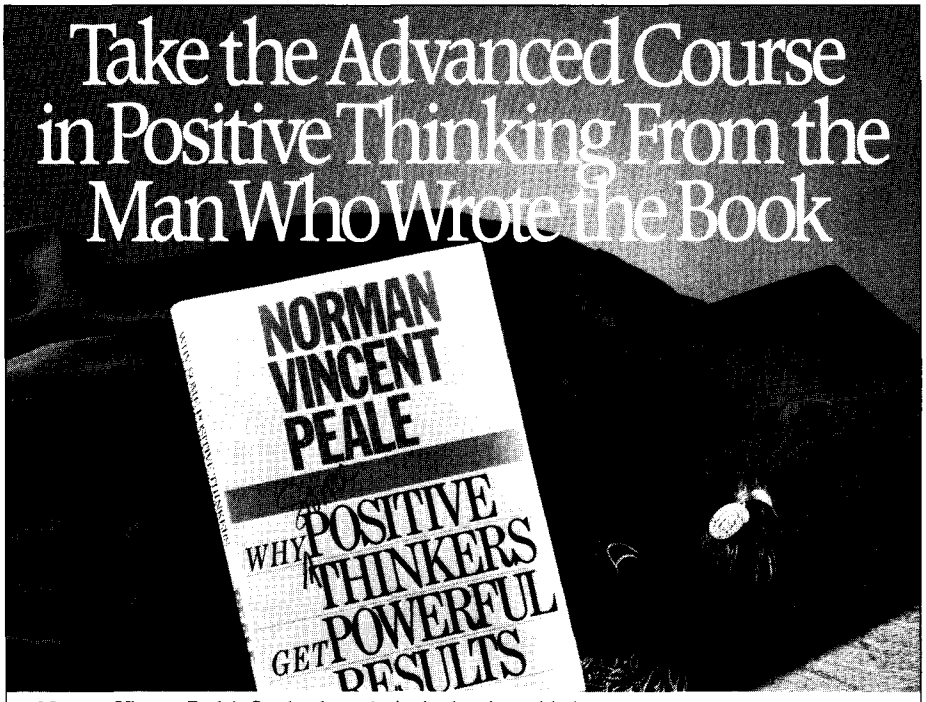
years; it has repeatedly been shown to reduce plaque formation by 50 to 80 percent. It can also reduce inflammation of the gingival tissues by more than 50 percent. Currently available for consumer use in mouthwashes and toothpastes in Canada and Mexico and throughout Europe, chlorhexidine has not been approved by the Food and Drug Administration for oral use in the United States. The FDA may soon approve its oral use by prescription. If such approval is granted, chlorhexidine will be the first truly effective antiplaque agent available to the general public.

A few presently available toothpastes and mouthwashes contain agents said to help prevent plaque and gingivitis. They work in several ways:

- Numerous mouthwashes, including Listerine, Scope, and Cepacol, contain agents capable of killing some bacteria in plaque. One toothpaste, Viadent, contains an agent of this type.
- Another toothpaste, Zendium, has an enzyme reported to reduce plaque formation by enhancing the normal defense mechanisms present in the mouth.
- A third approach is the use of polishing agents intended to reduce plaque accumulation by keeping the tooth surfaces smooth.

The true impact of all these agents upon plaque and plaque-related diseases remains to be established. They may be modestly effective for a few days or weeks, but the results of prolonged use are either unknown or inconclusive.

Whether you choose to use the above antiplaque dentifrices or to stick to your regular brands, the key to keeping teeth healthy is to follow procedures your dentist recommends. You should also be on the lookout for signs of periodontal disease: bleeding gums when you brush your teeth; red, swollen, or tender gums; gums that have pulled away from the teeth; pus between the teeth and gums when the gums are pressed; loose or separating permanent teeth; any changes in the way your teeth fit when you bite; any changes in the fit of partial dentures; and finally, bad breath. If you have had any or a combination of these symptoms for any length of time, you should make an appointment with a dentist for further checking.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Team Up with the Post

You say you're feeling down but not by petting a goose? Then it's high time, pardner, that oat bran and the *Post* came to the rescue.

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I know about the rejuvenating spirit of the *Post*, but why oat bran?

Because it could give you a new lease on life.

Who says?

Dr. James Anderson of the University of Kentucky medical center, that's who.

Who's he?

No one but a world-renowned authority on the effects of oat bran in preventing diabetes, heart attacks, and strokes, that's all.

Yeah? How does he know?

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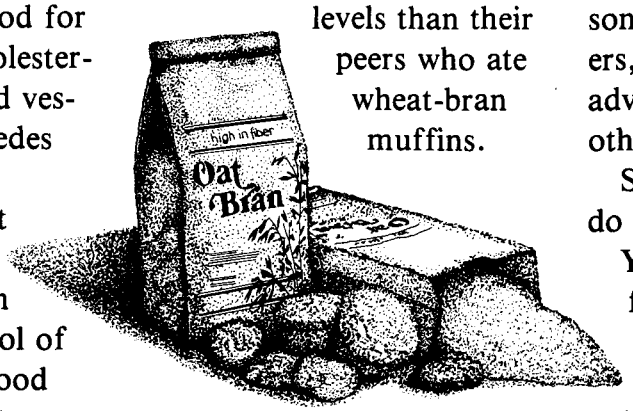
He explains it like this: Oat bran is soluble fiber, which is especially good for lowering the LDL cholesterol, the villain in blood vessels. (High LDL precedes heart attacks and strokes.) He says eight years ago the center began testing oat bran to lower the cholesterol of men who had high blood cholesterol. The result: When these participants ate oat bran it reduced their blood cholesterol by 20 percent.

That's pretty good.

Yes, and Dr. Anderson further points out that this type of fiber "smooths out" diabetics' blood-sugar levels and prevents their sharp peaks of vitality and valleys of depression, as well as those nervous feelings between meals.

Yeah, but I'm not diabetic.

You don't have to be old or sick to benefit from the delicious "medication" of oat bran. A study of healthy students at the Massachusetts Institute of Technology revealed that young men who ate bran muffins every day averaged 5 percent lower cholesterol levels than their peers who ate wheat-bran muffins.



Dr. Anderson says that means 10 percent less chance of having a coronary. So, if it's cholesterol lowering that you're after, don't forget the oats.

Or the *Post*, I suppose?

That's right. If it's a magazine that puts fun ahead of filth that you're after, this fine old publication is for you—and all the family. Nothing will cure the doldrums any faster. You'll laugh at the cartoons and the humor, become absorbed in the fiction and be entertained by the puzzles, games, and contests. You'll travel with the travel writers, pry into the lives of noted personalities with the interviewers, be treated with medical advice from the editor and other medical authorities.

So I'm a believer. Where do we go from here?

You pick up your pen and fill out the card or coupon. (If you want the best deal, check the "3-year" box.) Mail it to us, and we'll mail the *free* bag of oat bran to you. Then the *Post* will begin coming, or will continue to come, to your mailbox. And you and your family are going to feel better. . . .

All right, already, I'm looking for my pen. The three-year box, you say?

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VETS ON PETS

DOGS IN THE DENTAL CHAIR

Brushing a young dog's teeth isn't exactly a snap, but the effort could prevent drilling and filling, bad breath, and tooth loss later on.

by H. Ellen White, D.V.M.

Like most older dogs, Bingo had a real problem—bad breath. It was so bad that the staff of the hospital where Bingo frequently boarded began to avoid him. I decided it was time to clean his teeth.

He had only seven left. As an assistant held Bingo's upper jaw, I began to scrape the tartar off his incisor. To my horror, several loose, decayed teeth fell out. I cleaned the remaining teeth. I felt very pleased, for I had removed a constant source of infection from Bingo's mouth and had made him more socially acceptable.

If your dog is not running at peak performance, ailing teeth or gums could be at the root of the problem.

Bingo's problem is shared by a majority of his peers. Some reports estimate that 85 percent of dogs over six years old suffer from some form of dental disease, the most common being gingivitis (infection of the gums). The symptoms of gingivitis are halitosis (bad breath), plaque coating the tooth surfaces, and swelling and bleeding of the gum. Eventually, the gums recede and the teeth become loose and fall out.

Unfortunately, most pet owners don't know they can help prevent the devastating effects of gingivitis. A little preventive maintenance on your dog's teeth will keep his bite and his breath clean.

Good dental hygiene should begin when your dog is a puppy. Never feed sweet treats to your pet. Give it strong, hard-rubber chew toys or rawhide bones. Chewing on these toys for 5 to 30 minutes weekly promotes strong tooth attachments. A dry dog food formulated for puppies will help keep the teeth clean.

Don't balk at brushing your dog's teeth. A puppy can be trained early to tolerate a daily scrubbing. Use a child's toothbrush dipped in water and dog's toothpaste, available at your veterinary hospital. Hold back the dog's lips with one hand and brush in a circular pattern or in a stroke horizontal to the gum margin. Clean only one or two teeth initially. Then give lavish praise and continue. Some positive reinforcement may help, such as brushing just before a favorite activity like playing ball. But make sure to brush daily. Plaque mineralizes into calculus in 24 to 48 hours.

Typically, dental calculus is seen most often in small dogs: miniature schnauzers, poodles, and terriers. At the first sign of calculus build-up, take the pet to your veterinarian. The vet will sedate the dog and use an ultrasonic dental scaler or hand instruments to clean the teeth. He will also polish them and perhaps apply a fluoride treatment—the fluoride will help prevent cavities, which occur less frequently in dogs' teeth than in humans'. Molars are the most often affected. If cavities are detected early, they can be drilled and filled. Broken teeth can be restored with composite resins.

To catch problems that might become serious, dogs should have their teeth examined at their annual veterinary checkups. Puppies often retain baby teeth that crowd the mouth alongside the permanent teeth. Usually these baby teeth must be removed. Supernumerary (extra) permanent teeth may also appear, usually in the lower jaw, just behind the proper permanent teeth or crowded into the row of teeth. Failure to remove these extra teeth may lead to occlusion problems.

Veterinarians have now adapted many human dental procedures for use on animals. Root canals and metal caps are used to restore teeth that at one time might have been pulled. A growing number of veterinarians are treating malocclusions of the teeth with orthodontic appliances: Cats and dogs are being fitted with "braces," which are worn for several weeks to several months.

Dental disease can affect the total bodily health of animals. Teeth diseased beyond repair should be extracted, or they may become sources of infection for adjacent teeth and the rest of the body. Although Bingo lived to be 22 years old and died at home peacefully in his sleep, I can't help believing that his last years might have been more pleasant had he received proper dental care throughout his life.

Questions for the Vet

Dear Dr. White:

I have a white German Shepherd

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that is constantly getting into mischief. What can I use to get rid of skunk odor and tar?

Sabrina Delano
Lubbock, Texas

Dear Sabrina:

A commercial preparation called Skunk Off is available at some pet stores and veterinary hospitals. I have also had clients tell me that tomato juice helps with skunk smell.

Antibiotic ointments in a petrolatum base and a mixture of petrolatum and mineral oil can be used to remove tar. Polysorbates applied in a wet dressing will also help to emulsify tar for removal. Polysorbate 80 is often a component of cosmetics and is present in neosporin cream.

H.E.W.

Dear Dr. White:

My male pure-bred boxer, Duke, acquired a trait at about nine months old I cannot break. He has developed a habit that about "drives us nuts," and he will not change despite many attempts to break his bad habit. The problem is: Duke hates Volkswagens with a passion!

It all started when a very fast-moving Volkswagen came down the street in front of our house. He took after it, jumped the fence to pursue it down the street, and was nearly hit by it. No other brand of car, truck, or other vehicle bothers him. They all go by, and he's calm as can be. When we travel in our Dodge station wagon, he loves to join us, and he's a calm traveler until a Volkswagen tails or passes us. He then expresses his dislike in normal dog style—loudly barking and pacing back and forth in the back end of the station wagon until the Volkswagen is out of sight. His actions become very embarrassing, especially if we are in a well-populated area. People must think he's vicious and untrained; ordinarily he is the calmest, most docile, and affectionate dog I know.

Have you a suggestion? If there's any other dog owner with such a problem, your advice may help, and I will be glad I wrote you about my adorable Duke.

Hilda R. Steward
Allentown, Pennsylvania

Dear Hilda:

Truth is indeed stranger than fiction. This is the first Volkswagen phobia in dogs I've encountered. Perhaps other readers have had similar experiences with their pets?

H.E.W.

Dear Dr. White:

Would like to suggest you investigate the possibility of some summer itches (July/August '85 *Post*) as being related to thyroid deficiency or nutritional deficiency. When my indoor animals scratch, I give them kelp and vitamin C—it helps.

Joan Battey
Apalachin, New York

Dear Joan:

There are many conditions that cause signs of "summer itch." Signs of thyroid deficiency in animals include obesity, lethargy, sensitivity to cold, and hair loss.

H.E.W.

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

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MONEY TALK

INVESTING IN NOSTALGIA

Appreciation of things past is making big money for collectors of folk art, toys, and rock-music memorabilia.

by Marshall Loeb

Everything from diamond rings to Oriental rugs has declined in real value from the peaks of several years ago, but one family of collectables that has held up well—and even risen to new records—is American folk art. But it is a crazy-quilt world with whirligig prices, so you have to love it—or leave it alone. Not even the experts agree on what domestic folk art is, and nobody can say for sure what it is really worth. Generally, as the writer Gus Hedberg has observed, American folk art can include any tangible rudiment of daily life in the 18th, 19th, or even 20th centuries that has been enhanced by a touch of art—everything from a gravestone to an old rag doll. Indeed, 19th-century weather vanes can cost more than the average meteorologist earns in a year, and some patchwork quilts are so rare and valued that no one would ever dream of sleeping under them.

Yesterday's toys are today's collector treasures; even recent classics such as the Barbie Doll may fetch thousands at antique acutions.

The best examples of American folk art will continue to command high prices, but you can still get reasonable buys now. Plenty of investment-grade American folk art can be had for less than $1,000—and even more that is just fun to own, for much less than that. Above all, the best folk-art buy is something that truly delights you, aesthetically and personally. It should figure as a wise investment only secondarily.

(A reliable guide to the shops, auctions, and regions where a fledgling collector might begin looking for American folk art is the *Maine Antique Digest*. It costs $29 a year. Its address is P.O. Box 645, Waldoboro, Maine 04572.)

If you want to buy folk art, it is wise to concentrate on a particular category. That will help you to establish confidence and expertise.

Among the safest and fastest-rising investments are quilts, partly because there is a strong international demand for them. When buying for investment, look for the quilt with complex, intricate stitching and with unusual features, even a one-of-a-kind pattern. Top-quality old examples range from $2,000 to $5,000, and the exceptionally beautiful and rare ones can go for as high as $30,000. However, handsome contemporary quilts you can actually sleep under without depreciating your investment are available for less than $300.

When buying a basket, check the bottom to see if it is still strong. If the rest of the basket looks well-worn, yet the bottom has hardly been scuffed, that's a sure sign of a forgery. The best investments in baskets are those with unusual forms or those with hand-painted decorations. It's hard to find one in sound condition for less than $100. To get bargains, avoid shops with expensive business cards and head for stores and auctions in the back hills. There you sometimes can come across an oak-splint basket from the late 19th century for as little as $75.

In a weather vane, older is considered better. If wood, it should be dulled and weathered; if gold leaf, it should have lost much of its gilt; if copper, it should be green. A vane with a beautifully aged patina is worth considerably more than one that has been repainted.

If you buy a painting as an investment, be wary of heavy restoration. And an anonymous folk painting may be just as valuable as one by a recognized artist.

If you are buying furniture, rely on the eye of an experienced dealer to avoid counterfeits. Once you get home with your piece of furniture, stifle any ambitions that may arise in you to fix it up. One woman bought an 18th-century painted chest a few years ago for $25,000, then proceeded to refinish the piece. As a result, it's now worth no more than a few hundred dollars.

Toys

Toys of the 1950s and early 1960s aren't "kid stuff" any more. Now they are called contemporary collectables, and many command precious prices. Collectors are paying hundreds—and sometimes thousands—

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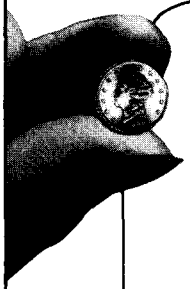

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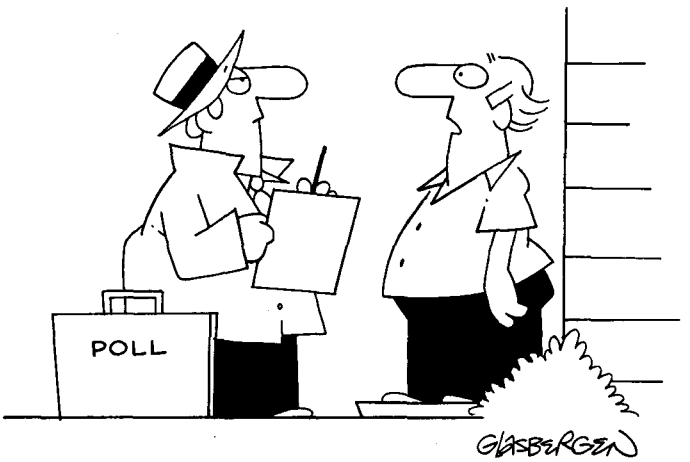
"Well, sire—you said to balance the budget."



"I think the country's No. 1 problem is that nobody wants to take responsibility for anything, but don't quote me."

"The ERA is definitely dead, Miss Pomfrett—you owe me 3,089 cups of coffee."

of dollars for toys that sold for a few dollars new. The buying and selling is done at antique-toy auctions.

Collectors covet dolls of the 1950s and early 1960s for their beauty and their wardrobes. Among those that have appreciated the most are the eight-inch Madame Alexander Brand Romeo and Juliet dolls. They cost $3.50 each when they came out in 1955. Now a pair in good condition can fetch $6,000.00. Barbie can bring you bounty, too. She first sold for $3.00 in 1959. Today a 25-year-old Barbie can command $1,400.00.

The 1950s-era techno-toys, such as robots and satellites, can also command high prices at auction. One magnetic, miniature Sputnik-satellite replica cost 98¢ when new in 1957; collectors now sell the survivors for $75. Other valuable toys include small metal trucks and cars of the 1950s. Originally $5 or so, they now sell for $50 to $200.

So-called character toys, often from cartoons or kids' TV shows, are also surging. One doll set with Popeye and Olive Oyl now attracts bids of up to $1,350. In 1959 it sold for 69¢.

You may be able to find toys that have more than nostalgic value and to sell them for high prices. Before you buy, inspect the toy carefully. Make sure it functions properly and has no missing parts, peeling paint, or other signs of corrosion.

Rock-'n'-Roll Memorabilia

Some of the hottest collectors' items now are rock-'n'-roll memorabilia. They are bought and sold at auction houses that deal in collectables.

Rock-'n'-roll collectables include original recordings, posters, souvenirs, even old magazines. The October 27, 1975, editions of *Time* and *Newsweek* with cover stories about Bruce Springsteen now sell for $25 each.

If you want to be a collector, you should specialize in items related to a single band, or in a particular category of items, such as backstage passes. The most valuable collectables are likely to be those associated with musicians who marked a turning point in rock history, such as the Beatles. A military tunic that John Lennon wore on concert tours recently sold for $850 at auction. But keep in mind that assets like these are not very liquid. As with most collectables, you are best off buying an item because you want to own it, not because you expect a profit.

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WHAT OUR GOVERNMENT IS TRYING TO DO COULD REALLY TEAR YOU APART.

In January, 1984, Ed and Sharon Pangelinan decided to teach their children at home. It was an act of love, not defiance. But it got them into a lot of trouble. Following the family's move to a new home in Decatur, Alabama, the children had become withdrawn and lost interest in learning. For the first time ever, they failed to get superb grades. The Pangelinan's concern finally led them to take the two youngsters, Ruben and Marisa, out of public schools. They were determined to give them individual attention and instruction at home. The State of Alabama said an emphatic, No.

Charges were brought against the Pangelinans: contributing to the delinquency of their children (for what the State termed "educational neglect") and contempt of court (for refusal to bring their children to court). Thus began a two-year struggle that resulted in a painful separation—parents and children viciously torn away from each other. Ed and Sharon spent 132 days in jail, separated from their beloved children. They were days of anguish and uncertainty.

The struggle continues, but thanks to the personal intervention of The Freedom Council's legal arm, the National Legal Foundation, the Pangelinans are together again. They've lost their home, they have had to sell many of their possessions to make ends meet, and Ed lost his job. But they are together, and determined to stay together.

Can such an ordeal really happen in America? The fact is, even worse things are happening right now. But there are solutions.

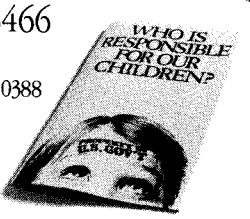
The Freedom Council is made up of people like you, working to restore traditional American values to local and national government. We can help you make a difference in your community.

Call or write for the pamphlet "Who Is Responsible For Our Children?" and a free copy of our newsletter, The Freedom Report.

Act today, for freedom's sake.

The Freedom Council

Virginia Beach, VA 23466
1-800-331-2749
Virginia Residents Call 804-424-0388



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GARDENING BY COMPUTER

The "space age" has come down to earth in Jeff Ball's backyard plot.

by Charlene Faris

On a clear day, one might catch a glimpse of Philadelphian Jeff Ball out working in his garden—not pulling weeds or hoeing or watering or fertilizing or doing any of the usual green-thumb's chores, but seated instead at his outdoor computer terminal and calmly punching in records of his harvest. Physical toil in the garden is a rare form of exercise for Ball since he invented the 60-Minute Garden, so called because it requires only 60 minutes of maintenance a week—that is, after it has been installed.

In his garden, Jeff Ball uses a home computer and programs that help weed out unnecessary steps.

Ball's system, designed to save gardening time and space, is more ambitious than most. It requires the use of 20 devices (tunnels and trellises) that he designed in his suburban backyard. Installing the system takes some time, but the results are worth the effort—a 200-square-foot area may yield between 300 and 400 pounds of food, in half the space of a traditional plot. Ball even recommends using a computer to keep track of the harvest.

The 60-Minute Garden, with raised beds, tunnels, and drip irrigation, can almost double the normal growing season.

Preparing the soil—the 60-Minute Garden consists of boxed, raised beds "double-dug" and enriched with such organic materials as compost. Ball makes his beds four feet wide, but they can be anywhere from two to five feet. ("Double-digging" is hard work, but it's the best method of preparing your garden. After lifting topsoil out of the garden, take a spading fork and loosen, without removing, the second layer of soil. Then make consecutive trenches, loosen the subsoil, and refill the trenches.)

Double-digging, which loosens and aerates the soil, raises the beds about three or four inches. (Of course, you don't walk on them.) To prepare a seedbed each spring, just rake the top inch or so and add compost. Ball recommends boxing in the raised beds to prevent the sides from eroding.

Next, decide on the width of the paths between your raised beds. Ball's paths are 16 inches wide. In the middle of the garden he makes them 38 inches to allow for a garden cart.

Pipes and Foundations for Trellises—Once the raised bed is ready, install polyvinyl-chloride (PVC) pipe foundations to provide the structural base for the 60-Minute Garden's key devices—the tunnel and trellis systems. A PVC pipe mounted in concrete or strapped against the boards will hold an eight-foot trellis for vertical plants. Vertical space adds 30 percent to productivity, and the vegetables grow healthier than those grown on the ground.

Tunnels above Ground—Gardening with tunnels, central to this system, extends the growing season one or two months beyond the frost dates at both ends of the season. The tunnels, made of polyethylene film, are used to cover the raised beds and are supported by the PVC ribs.

Soil warms faster under a tunnel, particularly when a black-plastic mulch is used. Because Ball uses a soil thermometer to determine when to plant vegetables, crops can be planted earlier and harvested later.

Drip-Irrigation—Another key to the 60-Minute Garden is the drip-irrigation system. Ball suggests installing drip lines on top of the beds and covering them with the black- (or clear-) plastic mulch. A drip system for a 200-square-foot garden can be installed in only a few hours.

Feeding is equally important. A fertilizer injector or siphon may be placed in the drip-irrigation system if organic liquid fertilizer, such as fish or kelp emulsion, is used.

To plan and schedule your garden, Ball recommends using a home computer. "There are at least four different ways to use a home computer to manage your garden records and plans," he says. The home computer is also an ideal way to keep detailed records of harvest.

For more information see the book *Jeff Ball's 60-Minute Gardening* and "Garden Manager," a computer program.

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SPEAKING OUT

COURAGE TO FIGHT

Drug abuse may destroy the heart of America unless we are willing to go after organized crime.

by Bob Slosser

"Drugs and organized crime have combined to wreak havoc on our communities and on our lives. . . . [The trend] threatens each person and institution in this country. It threatens the fabric of society and the gown of public integrity." Those are the words of former Attorney General William French Smith launching a major initiative against organized crime and drug traffickers in October 1982, a desperate time of recovery for law enforcement following the slackness of the Carter administration. Smith's successor, Edwin Meese III, uses even stronger language today as he pursues efforts "to dismantle and destroy those criminal organizations" that remain "a serious and constant threat to this nation," in his words.

I listened to Meese talk recently about his commitment to war against organized crime and the drug epidemic. His famous jutting jaw and pursed lips were more prominent than usual as he pledged the resources of the Reagan administration in the fight against crime. One would not question the man's sincerity any more than his predecessor's; indeed, they and their steadily strengthening forces have led a far-reaching assault against crime in the United States. But drug abuse continues to ravage more and more Americans.

I believe Meese and his predecessor have understood this crisis to a large degree. But others must understand it—and do something about it—if progress is to be made.

It is heartening to read reports of the work of the Organized Crime Drug Enforcement Task Force Program, begun under Smith in 1982. This unprecedented attempt at hard-driving coordination among federal law-enforcement personnel, assistant U.S. attorneys, and local authorities has produced good results, and it promises more. But time is short. The task forces must be beefed up. Strong laws must be enforced. Somehow, as Meese has said, we must guarantee "the eradication of these criminal enterprises" by keeping the spotlight on the drug problem.

Is such eradication our priority? Are the people of this country "fired up" enough to insist on completing the job quickly? If we are, we have several major targets:

First, there's traditional organized crime—the syndicate, if you will, or the Mafia. A popular notion has surfaced that these people stay out of the illegal-drug business. That's nonsense. Virtually every one of the organized-crime "families" is involved in drug trafficking to some degree.

Organized crime today exists in more than the traditional form. The emerging groups, relative newcomers competing with the traditional racketeers, include outlaw motorcycle gangs—the Hell's Angels, the Outlaws, the Pagans, the Bandidos. Let's not forget the prison gangs, developed in the California prison system during the past 20 years, who operate outside as well as inside prisons and use such names as La Nuestra Familia, the Mexican Mafia, the Aryan Brotherhood, and the Black Guerrilla Family. The Justice Department says a third category in emerging organized crime is formed by the clearly specified nationality or regional groups that deal in drugs and violence—for example, the Southeast-Asian groups and the extraordinarily violent Colombians known as the Cocaine Cowboys. Other cartels—secretive, self-perpetuating criminal societies involved in drugs and every sort of criminal activity—also use violence as their primary tactic.

The most disgusting targets of all in many ways are corrupt public officials—sheriffs, police officers, or other "servants of the public" who, for typical payments of $50,000, are willing to look the other way while drug traffickers make a single landing at a makeshift airport. A presiding circuit judge in Missouri was even convicted of conspiracy to manufacture and distribute illegal drugs. And some agents of the Drug Enforcement

continued on page 72

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If you want to quit smoking for good, see your doctor

New knowledge about the smoking habit

Two major factors in cigarette smoking have long been recognized—psychological and social factors. Now research has clearly revealed a third important link in the habit—*physical dependence on nicotine*, which slowly but surely develops in many smokers. When people first start smoking, their bodies must get used to the nicotine. After smoking becomes a habit, their bodies may *depend* on getting nicotine.

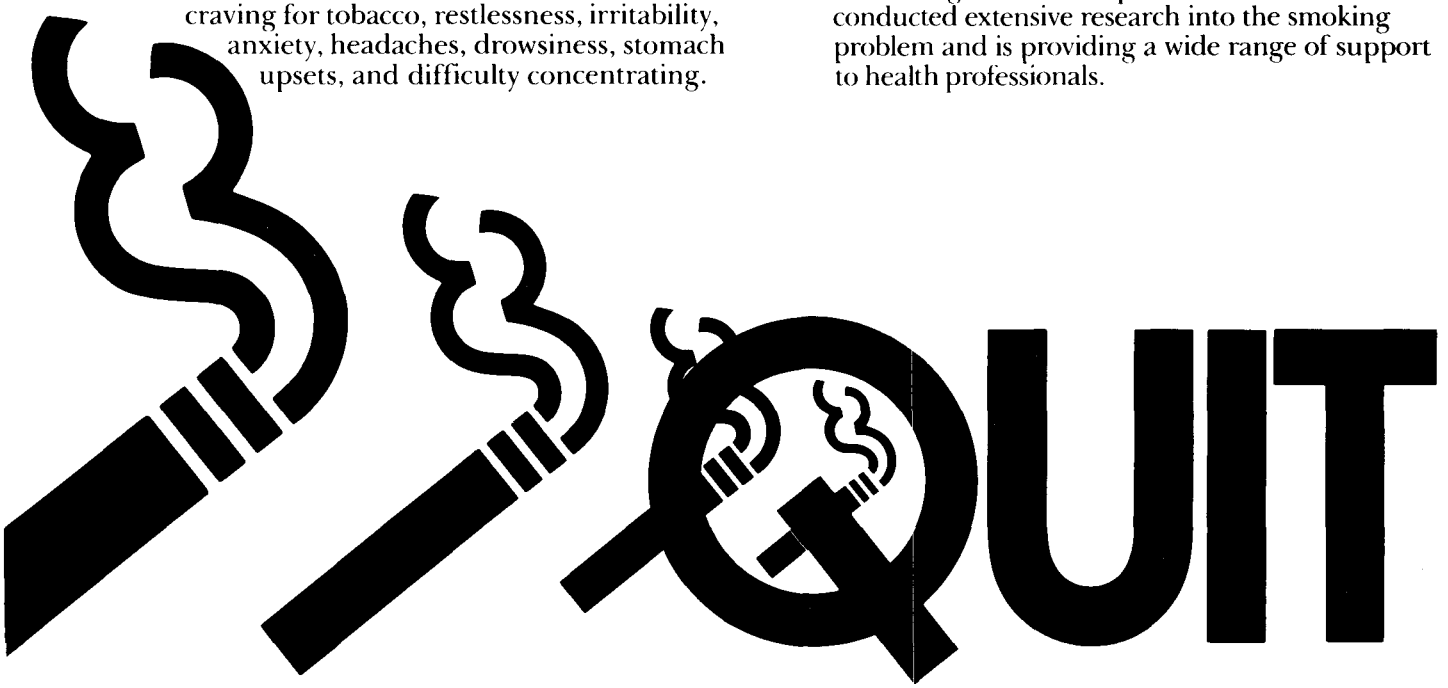
Why a total program approach is needed to break the habit

When smokers try to quit, the body often reacts to the withdrawal of nicotine. This can result in craving for tobacco, restlessness, irritability, anxiety, headaches, drowsiness, stomach upsets, and difficulty concentrating.

Because these effects can defeat even a strong willpower, your chances of quitting successfully are greater with a program that provides an alternative source of nicotine to help alleviate tobacco withdrawal while you concentrate on breaking the habit.

How your doctor and Merrell Dow can help you succeed

If you are determined enough to sustain a strong effort, your chances of breaking the smoking habit are better than ever. Now your doctor can provide a treatment to help control nicotine withdrawal symptoms, materials to help you overcome the psychological and social factors, plus valuable counseling and follow-up. Merrell Dow has conducted extensive research into the smoking problem and is providing a wide range of support to health professionals.



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POST SCRIPTS

Fishing for Compliments

A bishop was the guest of a friend who had two charming daughters. One morning the bishop, accompanied by the young ladies, went trout fishing.

At the stream an old-timer was trying his luck. After a while he called out, "Catch anything, friend?"

Drawing himself up to his full dignity, the bishop said, "Brother, I am a fisher of men."

"You have the right bait for it, all right," the fisherman commented.

—John A. Johnston

Dancing around the Truth

A young man asked a girl at a party to dance. As they whirled around the floor, he noticed a woman watching them. "Look at that old bat staring at us," he whispered.

"Why, that's my mother," the girl said.

"Oh, gosh, I'm sorry," he stammered. "I didn't notice the family resemblance."

—Lane Olinghouse

Adult Education

Two friends who hadn't seen each other in years met at a party. After exchanging small talk, they began discussing their lives.

"You know, I never really knew the meaning of happiness until I got married," one man said.

"I know exactly how you feel," the other said, nodding. "But by that time it was too late."

—Oliver E. Frazier

Mom's Day

On mom's own special day in May
She has her breakfast on a tray,
Is warned she must not lift a hand,
For the whole day is scheduled, planned.
Mom promises she will obey,
Then prays for strength to last the day.

—Don Marshall

Relatively Serious

A well-known lady visited George Bernard Shaw in his London flat some years ago and found him writing at his desk. To express her deep admiration, she said, "Mr. Shaw, you are the only reason I am standing here."

Shaw looked up, studied the woman for a long moment, then asked, "Just who did you say your mother was, my child?"

—Kris Lee

. . .Barring Further Complications

"You are entirely devoid of scruples," the prosecuting attorney shouted.

"And you are a disgrace to the legal profession," the defense attorney replied.

The judge rapped his gavel. "Now that opposing counsel have identified each other, we can proceed."

—A.H. Berzen

Bristle While You Work

A pat on the back and some praise today—
Could it possibly mean a raise in pay?
Don't build up your hopes. It's just an indication
Of overtime work with no compensation.

—Lida Smith

Daily Push-ups

Middle age: a time when every direction you move seems to be slightly uphill.

—Arnot L. Sheppard, Jr.

Prose and Cons

The newspaper editor lectured the rookie reporter about economy in presentation. "I have one rule," he said. "Never use two words when one will do. Be brief."

The reporter followed the advice in his first story about a fatal accident: "John Smith, a retired postal clerk, lit a match near his tank to see if he was out of gas. He wasn't. Age 90."

—James Curnane

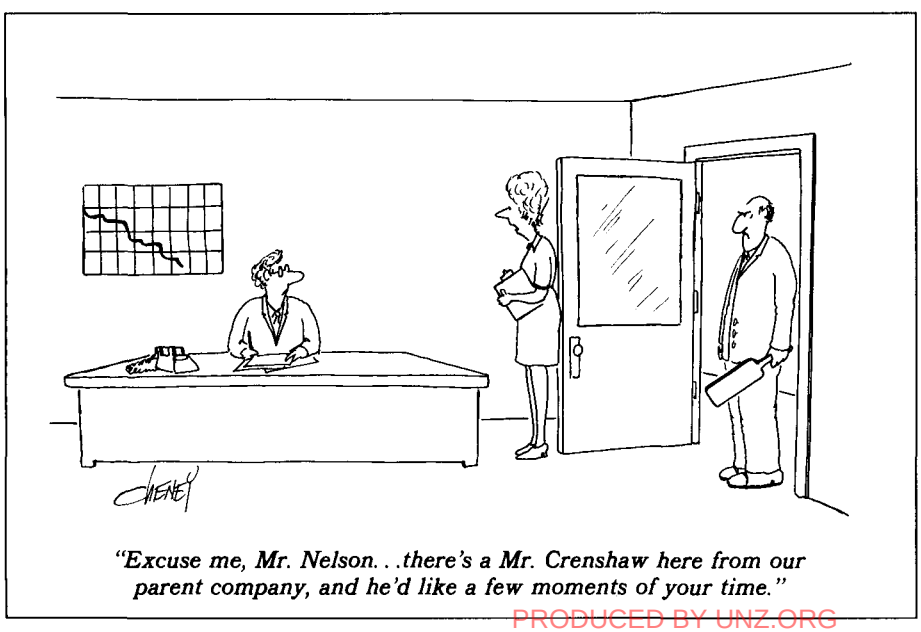
Guilty but Uncharged

The restaurant customer beckoned for the waiter. "What have I been found guilty of?" he asked. "I've been on bread and water now for half an hour."

—Harold Helfer

You Can Count on It

Sooner or later you learn that some



"Excuse me, Mr. Nelson. . .there's a Mr. Crenshaw here from our parent company, and he'd like a few moments of your time."

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people who "count" really don't add up to much.

—Frank Walsh

Currant Opinion

If a bad buy is a lemon,
Why is something good the berries?
How can people go bananas,
When life's a bowl of cherries?
If the false are rotten apples,
Why's a peach someone true-blue?
That for these there are no raisins
Is my melon-choly view.

—Serena J. Wayne

Overqualified

Sam: "You mean you stopped drinking, gambling, and smoking cigarettes all for her? Then why didn't you marry her?"

Jim: "I figured as long as I had become such a desirable, clean-cut fellow, I could do better."

—George E. Bergman

Relieved beyond Words

A man moving from the East Coast to the West Coast decided to send his beautiful golden retriever by air. He asked the kennel owner where the dog would be taken, and to let him know when the dog arrived safely. His mind was put at rest a few days later when he got a telegram that said simply, "Woof, woof."

—Martha J. Beckman

Not Wasting Away

Taste makes waist.

—Thomas E. Oetzel

A Plot to Overthrow

Today we saw a movie
At which nobody tarried,
Its only plot the dreary one
In which it should be buried!

—Elsa Maresh

All Kidding Aside

Raising kids takes patience,
At least that's what we hear;
But like canoes, they're easily controlled
When paddled from the rear.

—Agnes White Thomas

Main-Street Blues

They started digging years ago
When Main Street was much newer.
Since then they've dug each month or so
For gas mains or a sewer.

In rain or snow, you'll spot their rig.
They dig in every season.
When there's no longer cause to dig,
They'll dig to find the reason.

—Dick Quistorf

Childhood Rites

"But dad, even the federal government and all the state and local governments operate on the 'one man, one vote' principle. So why shouldn't I have any say-so about what I can and can't do?"

"All well taken, son. But don't forget, in our democratic form of government, the president, and all the state governors and city mayors also have the power to veto any legislation or proposals put before them. And this head of state still votes nay."

—Jack Gramling

Research Report

When father caught me smoking,
  We didn't have a shed
For private conversations
  Like "Whomp!" and "Get to bed!"
No, father chose the high front porch
  Where all the kids could see
As sin paid me full wages
  For my depravity.
So read ye well, my children,
  On the carton got by stealth:
"Warning! Cigarettes are
  Injurious to your health!"

—Lloyd Baker

Fillet of Soul

Noting a man sleeping in a rear pew, the small-town minister announced: "We will now close with a short prayer that Elder Wooster will lead."

"It's not *my* lead," the startled Wooster said as he awoke. "I just dealt."

—Lloyd Byers

Soiled Conversation

A farmer had just returned from a vacation in Hawaii. His neighbors asked him to explain what a hula dance was like.

"Well," he said, "the dancers put a crop of hay in the front field, and they put another crop of hay in the back field. Then, when the music begins, they start rotating the crops."

—Thomas LaMance

To a Degree

Thermometers aren't the only things,
One soon ascertains,
That are graduated with degrees
Without having any brains!

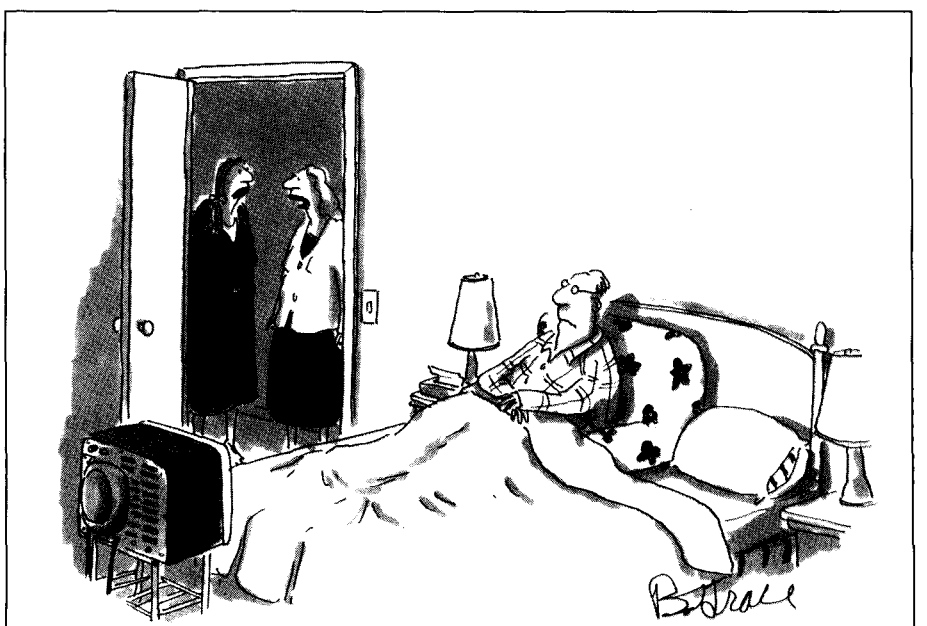
—Ruth M. Walsh

Keep On Keeping On

Eleanor stood and stared dreamily at her latest boyfriend's picture. "When I get married," she said enthusiastically, "it's going to be for keeps."

"You're so right, dear," her mother said snappishly. "You are sure to either keep house or keep working."

—B. Bader



"It's nothing serious. He just wanted to check out daytime TV."

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KURT VONNEGUT CLOSE UP

As an athlete he has always been awkward, but when swimming or writing, he's beautiful.

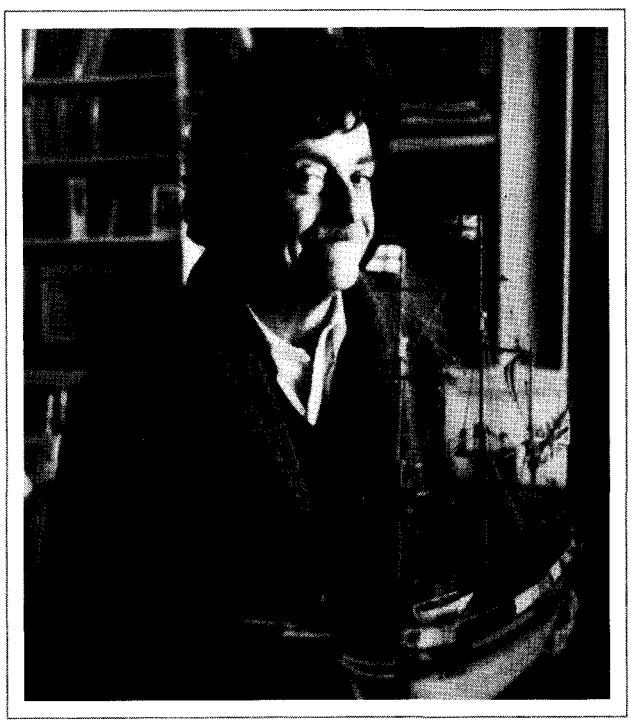
by Hank Nuwer

Kurt Vonnegut sat in an easy chair in the lobby of the ultra-modern Loew's Anatole Hotel in Dallas. His bushy mustache and tousled hair gave him a more than passing resemblance to the author he regards as "an American saint"—Mark Twain.

Although we were there to talk about *Galápagos*, his 16th book, he quite obviously would rather talk about the work of "Saint Mark." He is concerned that the American public knows his idol more by reputation than by reading him. He lamented that though most folks become acquainted with Huckleberry Finn and Tom Sawyer in high school, the bulk of Twain's work is otherwise ignored.

So much does Vonnegut admire the work of America's greatest humorist that he named his only son, now a pediatrician, after him. The writer believes that Twain almost single-handedly made American letters respectable in the eyes of the world. "If it were not for the genius of Mark Twain," Vonnegut once said, "we would not now be known as a nation with a supple, amusing, and often beautiful language of our own."

The 63-year-old Vonnegut's love for Twain began during his Indianapolis boyhood. He was, and is, unathletic, except for swimming, at which, he claimed, "I am beautiful." He endured his most painful childhood experience when an unthinking coach gave him a Charles Atlas body-building kit during a Christmas assembly. By reading Twain, Vonnegut escaped such adolescent misery. In his imagination, he became the riverboat captain in *Life on the Mississippi* or Pudd'nhead Wilson, using his amateur detective skills to solve a murder.



The author recently returned from the Galápagos with good news and bad news for the future of the species.

Vonnegut's early life was happy enough, despite the Depression, which ruined his father financially. Fortunately, he spent his formative years in the care of Ida Young, the family's black housekeeper. "I owe the compassionate, forgiving aspects of my beliefs to her," the author said, adding, "and to my parents. They were not vengeful people. Revenge, I've learned, is a poor idea. If it were a good idea, I'd be all for it."

Following graduation from Shortridge High School, where he honed his writing skills as an editor of the *Echo*, a daily paper, Vonnegut entered Cornell in 1940. His parents, influenced by their own straitened circumstances, suggested he study biochemistry, a field they thought offered security. The choice, however, offered him nothing but stress and low grades.

"I wasn't sure I wanted to go to college at all," he confessed. "I had hopes of being a journalist, maybe going to work for the Indianapolis *News*. The problem was, I didn't look old enough to be a very effective reporter. So I had complied with my parents' wishes, but having no gift for science, came close to being ejected from Cornell for academic reasons."

World War II temporarily halted his scholastic difficulties. Inducted into the service in 1942, a prisoner of war in Germany by 1944, Vonnegut would narrowly escape the bombing of Dresden by Allied aircraft. (This event was to be the inspiration for one of his best-known novels, *Slaughterhouse Five*. Much of Vonnegut's work being either journalistic or semi-autobiographical, he prides himself on his research, like James Michener.)

His postwar experiences as a public-relations writer for General Electric led to articles in the leading magazines of the day—*Collier's, The Saturday Evening Post, Cosmopolitan, Ladies' Home Journal*. "It was as easy as falling off a log for me," he said. In 1952, he penned his first novel, *Player Piano*, a satirical treatment of a company that sacrifices humanity for technology. Vonnegut vehemently denied harboring ill will toward GE. Rather, he was quick to point out he was honored recently by the company's alumni club as its man of the year.

General Electric's loss was the gain of millions of readers. Except for brief teaching stints at the high school and college levels—he taught John Irving at the University of Iowa—Vonnegut has supported a large family (including three sons of his deceased sister) by stitching stories together.

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He told us the secret of writing success is to always write for that one perfect reader. In his case it's his older sister Alice, who died at age 40 of cancer. "That's the secret of artistic unity," he said. "Anyone can achieve it by making something with only one person in mind."

Vonnegut said that following this interview and a book-signing stint in downtown Dallas, he would head back to his New York City home. He lives in an unpretentious four-story townhouse on Manhattan's east side. His roommate is his second wife, Jill Krementz, the noted photojournalist. In her book *The Writer's Image*, Vonnegut asserted she is "a totally self-contained photojournalistic unit —the writer, researcher, photographer, and business representative, all in one." She works on the bottom floor of the townhouse and shares the middle floors with him.

The two met while Krementz was on assignment to photograph the writer. He has denied that his influence helped the career of his striking, dark-haired wife. "Advising Jill at 30, her age when we met, would have been like advising a pinwheel at the peak of its velocity and display," he wrote in his essay for *The Writer's Image*. "To put it another way, only fireworks are as self-propelled as Jill was then, and remains today." By the same token, Vonnegut said, she hasn't changed him just because of the kind of photographer she is: "I certainly would be glad to learn something from her; no doubt I have, but not about telling a story."

One recurring Vonnegut theme is the evil that occurs when technology is allowed by man to run rampant. Perhaps it is out of contempt for "progress" that he still bangs out his novels' drafts by typewriter and flat out refuses an offer of a free word processor from Apple Computer. His novels contain enough bag ladies already, he said—he doesn't need to create another out of his typist (who also doubles as his copy editor). "I am the enemy of all technological progress that threatens mankind," Vonnegut said, perhaps recalling the ruined, smoking rubble of Dresden.

Vonnegut's new novel, *Galápagos*, is a comic scenario of what life may be like one million years down the road. The line drawn between fantasy and reality is as thin as one-point type in the novel. In one million years, according to Vonnegut, there will be bad news and good news. The bad news: Man has evolved into furry, seal-like critters that roam the high seas in search of fish to gobble raw. The good news: These comic sushi eaters are perfectly content to live the good, simple life without the worries and schemes that beset man's "big brains" in 1986.

"If you saw the seals and sea lions on the Galápagos Islands, that's the life you would want," quipped Vonnegut, who voyaged to the tiny Pacific chain of islands off the coast of Ecuador to research the book. "Gee, it's an incredible, amusing life they have. They play jokes on the other animals [because] they don't have that much to do."

One of the unfunny Vonnegut messages in the book is that ultimately all art and literature are meaningless in one million years without big brains to savor the joys of culture. His inspiration for such a premise is that even today the reputations of very few writers and artists last beyond their own lifetimes.

"I've experienced the deaths of several world-class writers now who were friends of mine," he said with a shrug. "When they're dead it's the end of their careers, really. There's very little that's going to live after them." Among the recently departed whose work he believes won't stay in print much longer are such notables as Nelson Algren, Irwin Shaw, and Truman Capote. "Capote—wasn't he that funny little guy on the telly you don't see any more?" quipped Vonnegut, who laments once again that even the classic works of such acknowledged masters as Twain now molder unopened in libraries.

Vonnegut himself no longer worries whether his own reputation will survive his death. *Galápagos* demonstrates that he, at the peak of his creative powers at 63, seems far more than a dark-horse candidate to win the Nobel prize, the honor that somehow eluded the great Mark Twain. But Vonnegut has written that it matters little to him how he is perceived beyond his lifetime. "I don't console myself with the idea that my descendants and my books and all that will live on," Vonnegut said. "I honestly believe, though, that we are wrong to think that moments go away, never to be seen again. This moment and every moment last forever."

From
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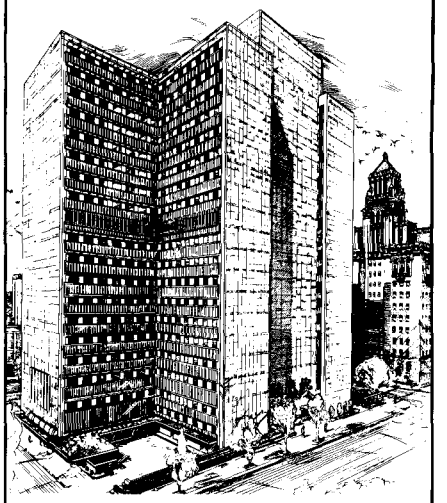

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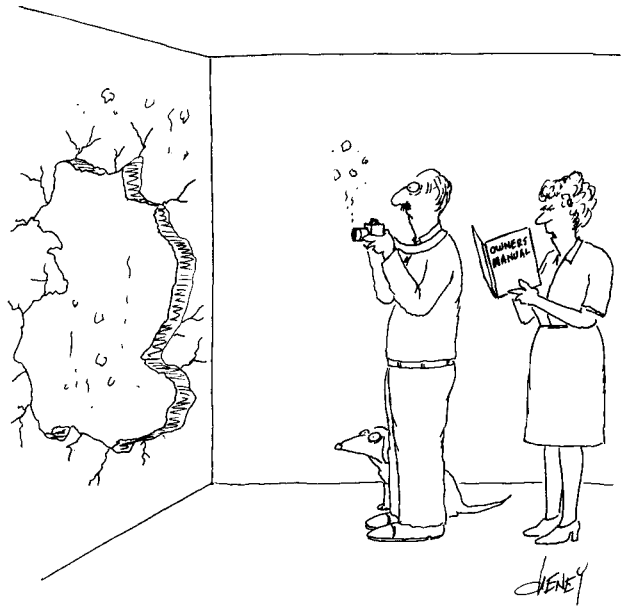
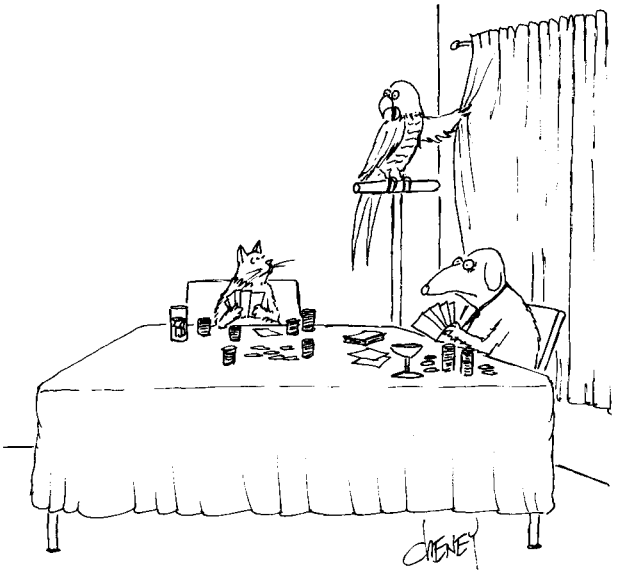
CHENEY'S CHORTLES

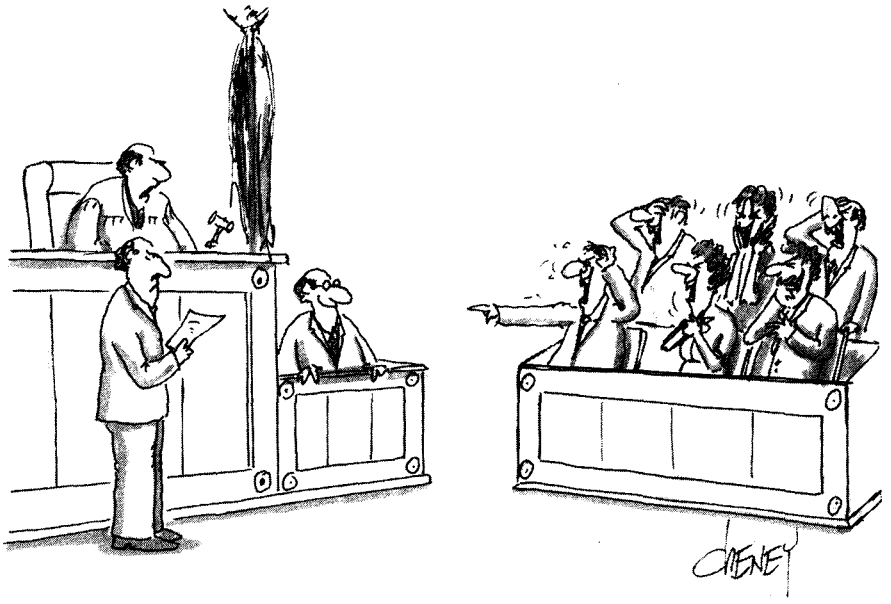
"So. . .how are the time-travel experiments going?"



"Caution: Do not, under any circumstances, press the small, red button on top of the camera. . ."



"Quick! Back to your places—they just pulled into the driveway!"



"The jury is instructed to disregard the witness' last one-liner."

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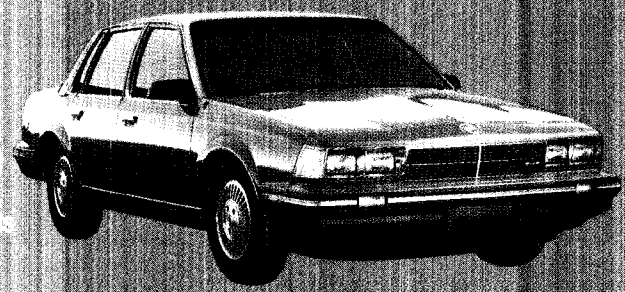

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AMY GRANT: MUSIC FROM THE HEART

A pretty girl with a Sunday-school sensibility who never meant to be a star has become the darling of contemporary music and is winning rock-'n'-rollers' hearts.

by Todd Gold

Here is a young woman whose honey-sweet voice can sear a stage like a bonfire, whose prom-queen looks can put a roomful of good ol' boys on their knees, and whose songs pack the punch of a Sunday sermonizer. Pop-music fans think she's the most attractive performer to slip into a pair of blue jeans since Bruce Springsteen; gospel fans adore the way her songs have given religion a catchy rhythm, and more than a few parents have been known to rejoice, "Thank the Lord for this little lady."

Such a devoted following might have turned the head of a more affected performer—especially now that Amy Grant's popularity is beginning to seep into the ranks of secular pop music. Last Christmas she performed at a ceremony for President and Nancy Reagan; on the nationally televised tribute to Martin Luther King, Jr., a month later, she was singing and dancing center stage between the established megastars Stevie Wonder and Eddie Murphy. Big names and lots of accolades have come her way in the past year, but that's not half of what this charmer is all about. "A couple of months ago my husband and I moved to a farm," Grant says in a soft voice kissed with a warm Southern twang. "And I'd have to rate that right up there with singing for the President."

Barely old enough to remember Elvis and still young enough to disturb neighborhood peace by blasting her stereo at full volume, she already possesses the rare combination of talent and vision that makes superstars. By blending the instincts of a rock-'n'-roller with a Sunday-school sensibility, Grant has become the hottest star in contemporary Christian music. As of this writing, she has won five Dove Awards from the Gospel Music Association and four Grammys; her ninth album, "Unguarded," has sold more than one million copies. "I'm not at all bashful or shy about the fact that I try to put some pretty heavy content into my songs," she says. "My songs are meant to encourage a healthy life and a healthy heart and spirit."

Mark Tucker

On tour eight months of the year, Amy jealously protects her hours of relaxation at home.

At first meeting, Grant looks like a young lady awash in homespun values and strict morals. She's bright, polite, and fun. A tide of curls cascades down her back, and a big smile framed by a light shade of lipstick creases her face. Although she's already 25 and married, she could pass for a high-school senior who would probably have to fight off a deluge of invitations to the next big dance. In fact, Amy Grant likes to joke and party. She is not, as rumored, a party pooper in cheerleader disguise. "I have this huge stick-in-the-mud reputation, and it's not fair or true," Grant says. "Yuck!"

She is perched on the side of a bed in a Los Angeles hotel room. The splash of a hotel guest diving into the swimming pool echoes as a radio newscast reports a Midwestern snowstorm. On a brief break from her current tour, Grant is in town for this evening's American Music Awards telecast. Talking long-distance to her husband, Gary Chapman, 27, who's working with a band in Quebec, Grant speaks like an excited teen-ager on the phone with her boyfriend. She gushes about how she's presenting an award with Julian Lennon, John Lennon's son, and then complains that in the company of such a flashy and fashion-conscious crowd she is not comfortable with her dress. "My outfit isn't cool at all," she protests. "It's, well, it's kind of just polite."

Grant believes that the songs she and her songwriter husband put out can appeal to both Christian and pop audiences. She worries that "Christian singer" is a label that turns people off before they even play a record. "I feel a lot of people, when they hear anything to do with God, put a wall up, and nobody wants that," she says. Though Grant would like a mainstream following, with increased radio play, the facts of the music business make that task a difficult one—gospel accounts for only roughly 5 percent of the annual sales of rec-

The singer has come a long way from the shy teen-ager who used to deliver her message with the aid of an acoustic guitar.

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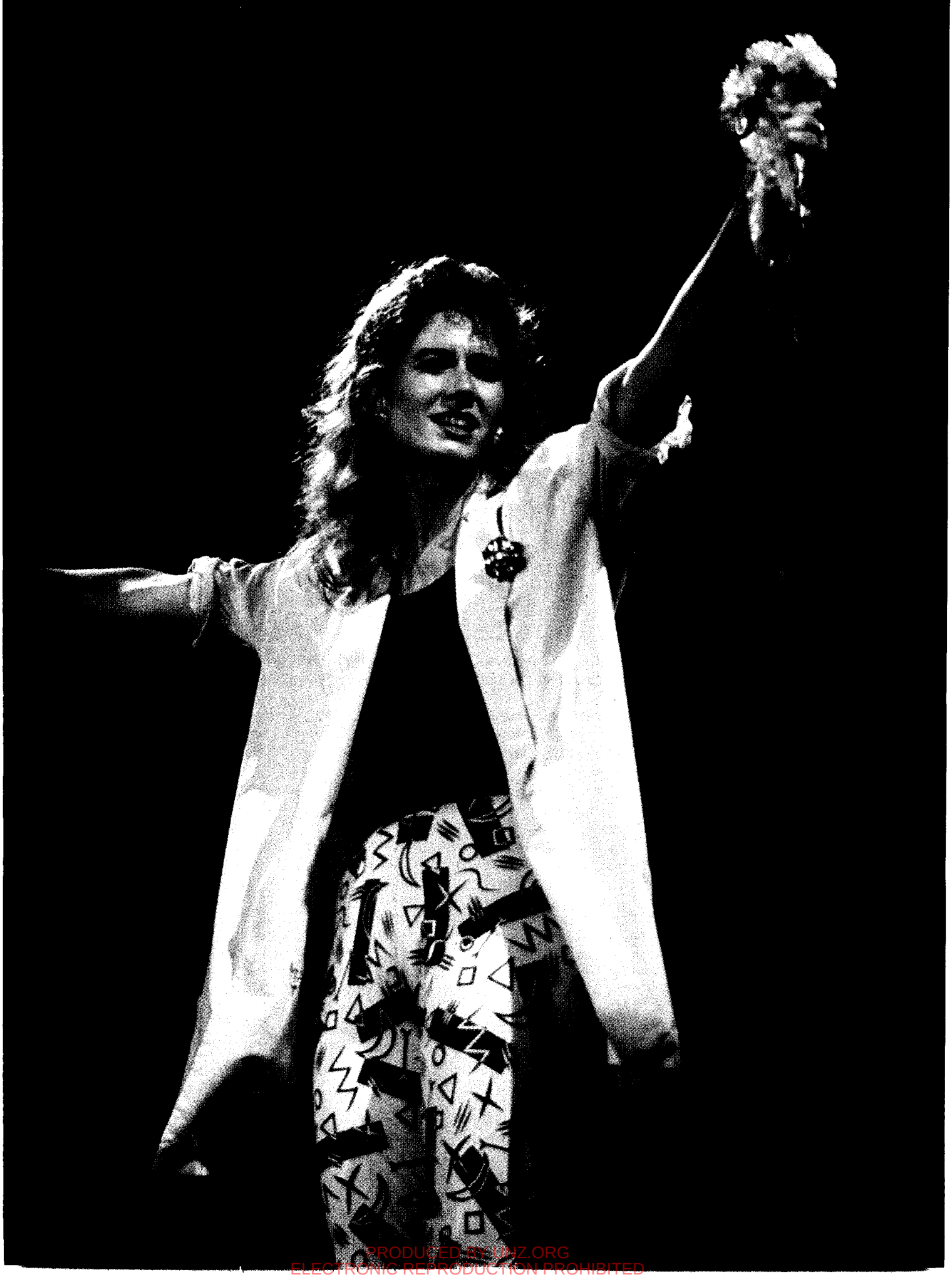

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ords and tapes. That's why, when a stranger asks Grant what she does for a living, she simply says, "I sing." Sensitive about the issue, she adds: "I'd much rather sing a song than say a word that locks in a preconceived idea. But once you do something long enough, labels don't seem to matter."

Much of Grant's popularity stems from her wholesome, down-home nature, her accessibility, and her utter lack of pretension, and not just from her ability to put an infectious back beat to religion. Surely, though, that doesn't hurt. Onstage, she fronts a tight, seven-piece band, including Chapman on bass and three backup singers, in a rousing show nearly two hours long. Hardly stoic in the spotlight, Grant sometimes dances as if she were on a bed of red-hot coals. And midway through, each show receives special treatment. The lights go down, the band disappears, and Grant sits down at the edge of the stage to talk a spell about life. "I don't ever try to be preachy," she explains. "But I think sometimes when you're onstage, people feel you must really have it all together. And for me, it's important that sometime in the concert I admit we're pretty much all hanging on seemingly by a thread, just because we don't know what life is going to deal to us."

Such folksy wisdom is at the root of Grant's nature. She was born in Augusta, Georgia, the youngest of four daughters in a well-heeled family. When she was six months old, her family moved to Nashville, where her father practices radiology and oncology. Religion was always an accepted part of family life, never something forced. "As I recall, we went to church every time the door was opened," Grant says, laughing. "But it was always such a thrill when Sunday afternoon grew late and all the kids were playing outside and mom would say, 'Amy, I think we're not going to church tonight.' I loved it."

Always something of a rebel, perhaps because she grew up the baby of the family, Grant possessed an insatiable curiosity. She recalls matter-of-fact bedside talks with her mother about pregnancy and about smoking marijuana (which she has never done), and the casual way she first began to read the Bible. "I guess I came of age where I just thought I wanted to figure out where my life was going," she explains. "It was no big deal, just a time of searching."

Mark Tucker

Gary Chapman met Amy through a song, "My Father's Eyes," that he wrote especially for her. Then "we kinda became consumed with each other," she says. They married in 1982.

But before religion, there was music in her life. She began playing piano in the third grade; she then switched to guitar during high school at Harpeth Hall, an all-girls school in Nashville, where songwriting came to her as naturally as some girls find nail polish. Grant didn't set out to become a gospel singer, though. "What got me writing is I had songs in my repertoire for everything but my spiritual experience, the good and the struggle it brought into my life," she says. "Then what happened is, I made a tape for my parents of all the songs I'd written, which coincidentally all had some Christian implication, struggle or vulnerability, and spiritual resolve. And without my knowing, someone sent it to a Christian record company in Texas."

Grant was 15 when she signed her first contract with Word Records, Christian music's largest record label. Though she had never even sung in church, Grant was, all of a sudden, a gospel singer. "I'd never even heard of contemporary Christian music," she says, laughing. "Suddenly I felt this whole mantle of preconceived notions lowered on to my shoulders. I was definitely a normal kid who loved to go to parties, and suddenly I was traveling around the country with this huge reputation as a Christian singer. It was a heavy responsibility, because part of being young is just trying to figure out who you are."

Grant met her husband, then a struggling guitarist pitching songs to Nashville record companies, when Gary submitted a song to her through the mail. Just 17, she recorded the tune. It was the first one of his songs anyone had ever cut. "I was extremely happy I was going to be able to pay the rent," Chapman recalls. "And then when I met her, like all guys, I was immediately taken with her as a girl. I felt, the heck with the song—I want to get to know her. "

Married now for four years, they spend most of the year on the road, making the time at home all that more precious.

"Amy's real family oriented," Chapman says. "Her family doesn't

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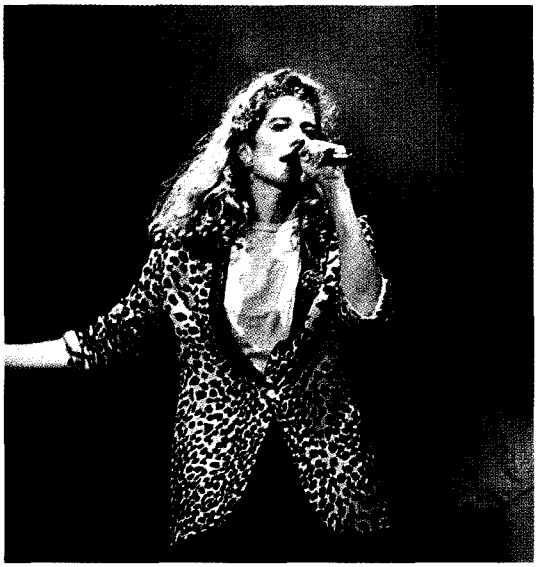
seem to notice the success. When we're home, sitting around the table or barbecuing, she's got to get up and do the dishes just like everyone else."

Their new place, outside Nashville, is called Riverstone Farm. The 200-plus-acre spread provides refuge not only to Mr. and Mrs. Gary Chapman but also to some horses, a pig, and two dogs. Relaxation to Grant means riding horses and trudging her tired bones to exercise class ("I hate it but I go") or just sitting on the porch with a good book. And somewhere in the future is a brood of kids. "I can't see trying to juggle concerts and car pools right now," she says.

Amy is "frustratingly kind," says her husband. "It's amazing. She treats everyone like they want to be treated, which I'm not always capable of doing. And she's extremely dedicated. When I first met Amy, her aspirations were to live life, have babies, and just be happy. She didn't have any designs on becoming a big star, and she still doesn't. We're not too goal oriented. It seems like there's too much to do right now to think about the future."



She delivers a song with a power that makes her audiences listen—and understand.

Says Grant, "I want to just make it clear that I'm going to continue to sing about the Lord. That's where my heart is. I want my audience to find what I have found."

What's remarkable is Grant's ability to keep her life in perspective. Even as she good-naturedly spews forth biographical details, the saccharine quality of her story compels Grant into a cute, almost apologetic explanation. "I'm a very normal person," she says. "I struggle with all the normal, everyday things. But I also live life with a really deeply embedded sense of hope—probably because I truly believe that God is who He said He was and that He's acted in my life."

As proof of her struggles with the same temptations that plague everyone, Grant offers a piece of paper on which she scribbled several stanzas of a new song. "I love my husband, but there's no way for a wonderfully handsome man to walk by and not feel your heart pound," she says. The song is called "Faithless Heart," and in a mellifluous a cappella rendition, Grant sings: "Oh you crazy heart, I'm holding on to you/Left up to yourself you'd pull this girl in two/And every day this life tries harder to undo/the home I keep, the man I love, and the heart that's true/Faithless heart, be far away from me . . . ."

Though the music seems to flow from her like water from a fountain, Grant feels that songwriting and performing are difficult crafts. "The nature of what I do means that every night I have to reach down to the depths of the passion of my being just to have something to give to people," she says. "You can't go out there and fake it." Pulling music from the heart and performing it with emotion takes its toll. "I don't know if I'll be doing this when I'm 40, but I might," Grant adds. "Only most women do not have real long music careers. There are other demands, like family, and I don't think you can do both. So I don't see that I have loads of time left."

In the meantime, Grant plans to continue touring, releasing new albums, and working hard to continue her very polite crusade to entertain and to inspire people. "Up onstage I feel like I try to convey my life," she explains. "What people take away is up to them. Still, I wouldn't be telling the truth if I didn't say that I would hope people coming away from my concert would feel wonderfully refreshed, high on life—maybe even that their life has changed a little."

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THE HICCUPS

Simple cures for this frustrating ailment have been known since ancient times, but Eliot Warren's case was different—it lasted 22 years.

by Berton Roueché

Illustrated by Jack Stockman

Among the several patients who consulted Dr. Heinz B. Eisenstadt, an internist, at his office in Port Arthur, Texas, on the morning of February 13, 1945, was a 60-year-old oil-refinery worker whom I'll call Eliot Warren. His present complaint, he told the nurse, was what he took to be an attack of indigestion. He had been troubled for almost a week with flatulence and heartburn.

Dr. Eisenstadt had the nurse' report on his desk when Warren was shown into his office. He could see no cause for serious concern in either Warren's past or present problems, and an immediate freehand examination confirmed that first impression. Dr. Eisenstadt explained these observations to Warren, and then turned him over to a technician for a definitive appraisal—a chest X-ray, an electrocardiogram, and the standard laboratory tests. Such an appraisal, he said, was merely prudent. He was confident that Warren had nothing to worry about. Meanwhile, he added, he would draw up a prescription to ease his stomach and a diet to keep it easy.

Dr. Eisenstadt didn't expect to see Warren soon again, and he didn't. Warren remained forgotten for almost exactly four years—until March 1, 1949. On the morning of that day, he reappeared at Dr. Eisenstadt's office with what sounded like the same complaint as before. Also, he had the hiccups. He had been hiccuping off and on for several weeks. Some of the spells had lasted as long as two or three hours, and he was beginning to get worried. He had tried all the home remedies that he knew, but none of them had worked. When the hiccups stopped, they simply stopped. Warren added that he had had a similar experience back in 1940. That was the year of his hernia operation, and, as well as he could remember, the hiccups had happened around that time.

Dr. Eisenstadt made a perfunctory note. He couldn't see any real connection between that experience of hiccups and this. He could, however, see one between these spells and the chronic indigestion about which Warren had consulted him in 1945. Indigestion—gastric irritation—is the usual cause of hiccups. But his first concern was for Warren's comfort. He wrote out a prescription for what he hoped would be a curative combination of codeine, phenobarbital, and belladonna. He then reviewed Warren's diet. That seemed to confirm the cause of the trouble. Warren had drifted away from most of the 1945 recommendations. Dr. Eisenstadt put him firmly back on a proper bland regimen.

That was a Tuesday. Six days later, on Monday, March 7, Dr. Eisenstadt received a telephone call from Warren. The reason for the call was only too apparent. Warren had the hiccups. Dr. Eisenstadt told him to come in at once to the office, and he was ready for him when he arrived. He gave him an intravenous injection of a respiratory and central-nervous-system stimulant called nikethamide. Nikethamide is a powerful drug, and it had a powerful effect on Warren. He gave a gasp—an enormous gasp—and his hiccups stopped. The attack had lasted for five or six hours, and the relief he now felt was exquisite. It enabled him to think of other things—other problems. He reported to Dr. Eisenstadt that he still had trouble urinating. In fact, he thought, it was worse than before. Dr. Eisenstadt examined his prostate. Four years had made a difference. It was considerably enlarged. Dr. Eisenstadt gave him a prostatic massage, and that seemed to help. Warren left the office in good spirits.

Two weeks went by. Dr. Eisenstadt heard nothing more from Warren, and he found his silence gratifying. The nikethamide injection had apparently had a lasting impact. But it hadn't. Warren's hiccups returned on the morning of March 24, and that afternoon he was back in Dr. Eisenstadt's office. Dr. Eisenstadt did as he had done before. He gave Warren an injection of nikethamide, and again the hiccups stopped. But this time they hardly stayed stopped at all. Warren was back again the next afternoon in the clutch of another seizure. Dr. Eisenstadt's confidence in nikethamide was shaken but not yet shattered. He gave Warren another injection, and it worked as it had before—exactly as before. It stopped the hiccups, but only for a matter of hours. They returned the following morning. Nevertheless, Dr. Eisenstadt tried nikethamide once again. He knew it would give Warren at least some relief, and he hoped it would do more than that. If it didn't, he decided, Warren would have to go into the hospital. He would need the kind of treatment that only a hospital can provide. The nikethamide failed to recover its enduring original power, and the hiccups were back the next morning. That was March 27. Dr. Eisenstadt called Saint Mary's Hospital and made the necessary arrangements, and Warren was admitted there that afternoon for observation and treatment of persistent hiccups.

A hiccup (or, as medical pedants sometimes prefer, singultus) is the strangulating result of a spasmodic contraction of the diaphragm. It occurs when the massive intake of air thus involuntarily induced is abruptly checked by a sudden, arbitrary closure of the windpipe. Hiccups serve no useful purpose. They are purely pathological. At best, they are merely innocuous. At worst, they can be, and often have been, fatal.

The immediate cause of the hiccup spasm is a reflex set in motion by an abnormal stimulation of the conductors that control the diaphragm and the opening (which science calls the glottis) at the mouth of the windpipe. These conductors are the phrenic and the vagus nerves. The stimulation that excites these nerves may be direct or it may have its origin in the central nervous system. Almost any disease,

From *The Medical Detective: Vol. 2*, (Dutton). © 1969 Berton Roueché. Originally in the *New Yorker*.

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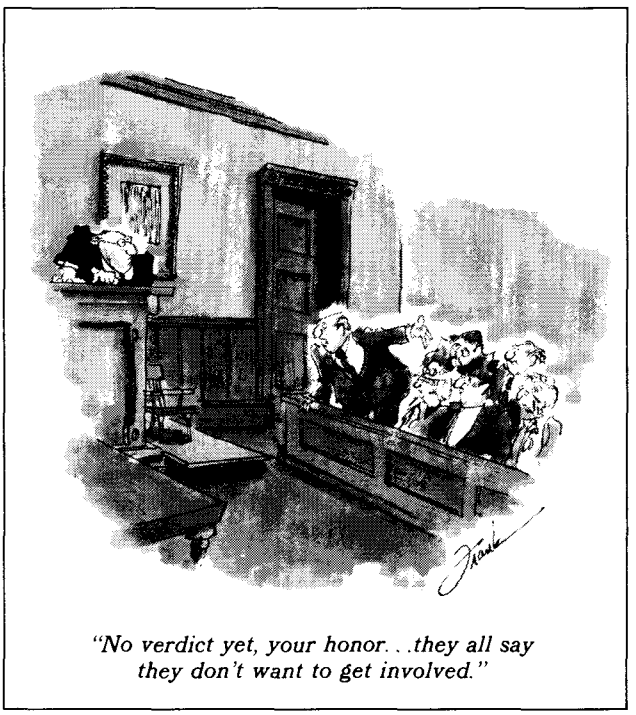
including (particularly in women) psychogenic disorders, thus has the power to precipitate an attack of hiccups, and, for the same reason, hiccups are a not uncommon aftermath of serious surgery. Hiccup spasms, being reflex actions, occur with metronomic regularity, but the tempo may be fast or slow. In dangerous attacks (those that persist for 48 hours or more), the beat is always fast. Persistent hiccups usually appear in tandem with some serious disease or condition. The severity of an attack of hiccups is determined by its duration, and it is persistence—hour after hour of jolting, jarring, breath-taking, sleepless spasms—that makes hiccups dangerous.

The treatment of hiccups involves the interruption of the perpetuating reflex. Once its regular rhythm is broken, the spasms generally cease. Simple hiccups—the hiccups that follow the bolted meal or the ultimate drink—respond to simple devices. There are many such devices, and most of them are very old. Some understanding of the cause and the cure of hiccups is probably as old as the hiccups themselves.

Standard remedies long listed in the folk pharmacopoeia have no effect on hiccups of complicated origin. They are too feeble to interrupt the spasms that spring from powerful provocation. Persistent hiccups give way, if at all, only to overwhelming pressures. The most overwhelming of these maneuvers is surgical—one of the phrenic nerves (usually the left) is exposed and blocked. Another approach is chemical. This includes the administration of such variously potent drugs as antispasmodics, muscle relaxants, respiratory stimulants, and central-nervous-system depressants. A third approach is an absolute refinement of the paper-bag technique. The paper bag is here replaced by a machine that produces a mixture of 5 to 10 percent carbon dioxide in oxygen. The patient, masked and closely attended, breathes that near-toxic air for several minutes (but no more than ten) every hour until his hiccups cease—or until he feels a warning wave of dizziness. It was to receive this often magisterial treatment that Eliot Warren was admitted to Saint Mary's Hospital on the afternoon of March 27, 1949.

The carbon-dioxide-inhalation treatment was at first only briefly effective, but then the intervals between attacks began to lengthen. They grew from hours to a day to days. By the seventh hospital day—on Saturday, April 2—it was clear that the seizure was over, and Warren was discharged that afternoon. Dr. Eisenstadt saw him out with a comfortable combination of relief and satisfaction. He was relieved that Warren's hiccups had finally relented, and he was satisfied that he knew their probable cause. He didn't think it was indigestion again. These hiccups were too persistent for that. But the hospital had offered a clue. A series of diagnostic tests and examinations showed that Warren's general debilities now included an incipient cerebral arteriosclerosis. His arteries were beginning to harden. It was Dr. Eisenstadt's guess that Warren had recently suffered a little stroke. Little strokes—strokes so slight that they do no perceptible damage—are not uncommon in men past 60. Warren's arteriosclerotic condition favored such a stroke, and such a stroke could easily have produced the neural excitation necessary to set off a prolonged attack of hiccups. Dr. Eisenstadt closed his record of the episode with that tentative explanation.



"No verdict yet, your honor. . .they all say they don't want to get involved."

Then, on June 22, 1953, Warren turned up again. But it wasn't hiccups this time. The symptoms that promoted his visit were swollen ankles, shortness of breath, and a recent gain in weight. Dr. Eisenstadt's interpretation of these conspicuously dropsical signs was conventional. In view of Warren's arteriosclerotic history, they almost certainly pointed to congestive heart failure. At the moment, he thought, it was not an unduly dangerous condition, but he prescribed the conventional treatment: digitalis, once a day. He then asked Warren about his other, established complaints. Warren thought they were much the same. Two years ago, not long before his last visit, he had suffered a painful attack of prostatitis, and a urologist he consulted had performed an alleviative transurethral resection—but that was all. What about hiccups? Warren shook his head. He hadn't had a real hiccup in months. He thought they were gone for good.

Warren spoke a bit too soon. Three weeks later, on July 12, Dr. Eisenstadt got a telephone call from Warren's urologist. Warren was back in Saint Mary's Hospital. His prostate was again inflamed, and he had been admitted the day before for a cystoscopic (or direct) examination to evaluate the nature of the trouble. The cystoscopy had been reassuring—no sign of any serious disease. But shortly after the operation Warren had begun to hiccup, and he had been hiccuping ever since. Would Dr. Eisenstadt, as Warren's family physician, come over and lend a hand? Dr. Eisenstadt would, and did. He treated Warren first with carbon dioxide, and then, when that failed to firmly subdue the spasms, with a respiratory stimulant called pentylenetetrazol. Pentylenetetrazol, after almost a week, brought the attack to an end. But what had caused this attack? Warren's general condition seemed much as usual. Dr. Eisenstadt was at a loss for several days. He finally decided to attribute the attack to the stress and strain of the cystoscopic examination.

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Another interlude occurred. Warren came to Dr. Eisenstadt's attention just four times in the course of the next 12 years. He saw him once in 1955, once in 1958, and twice in 1962.

The first of the 1962 visits was brought about by another prostate operation—a transurethral re-resection. Dr. Eisenstadt's role was that of a clinical consultant to the urologist. He determined that Warren had the stamina to endure such an operation, and then stood by in case an attack of postoperative hiccups broke out. One did, but he brought it quickly to heel with Dramamine. The other 1962 visit occurred only two weeks later. It was a routine postoperative consultation, and Dr. Eisenstadt's findings were entirely routine.

Warren turned 80 in 1965. He was still active enough for his limited needs and notions, but the burden of ailments that he carried now was considerable. Dr. Eisenstadt examined him in February of that year and found that he was suffering from general arteriosclerosis, congestive heart failure, coronary heart disease, emphysema, chronic indigestion, prostatic hypertrophy, diabetes, hay fever, phlebitis (in the left leg), and gallstones. None, however, was alarmingly advanced, and most of them were held in tolerable check by drugs. The drugs that performed these services were also notably numerous. Dr. Eisenstadt ran down the list. It included digitalis, an aluminum-hydroxide stomachic, a diuretic (to control the edema resulting from his congestive heart failure), an antihistamine (to control his hay fever), tolbutamide (to control his diabetes), a choleretic (to control his gallstones), and sulfamethizole. This last was news to Dr. Eisenstadt. He was aware that Warren's urologist had prescribed sulfamethizole at various times in the past. The sulfonamides have always (since their first appearance in the late 1930s) been the drug of choice in the control of infection in urinary-tract disorders. But now he learned that Warren had not confined his use of sulfamethizole to the periods immediately following his prostatic operations. He took the drug whenever he felt or feared a recurrence of prostatic pain. He sometimes took it every day. Dr. Eisenstadt opened his mouth to remonstrate, and then changed his mind. He didn't approve of this casual consumption of sulfamethizole, but he could see that it probably performed a salubrious psychological service. It was probably almost as necessary to Warren's well-being as any of his other drugs.

Dr. Eisenstadt completed the examination in a generally optimistic frame of mind. For a man of Warren's age and afflictions, he was in satisfactory shape. The only problem was his hiccups. Their persistence was inexplicable. He may have been right in attributing Warren's first attack to a burst of indigestion. He may have been right in attributing the second to a little stroke. He may have been right in attributing others to the stresses and strains of surgery. And yet he didn't think so. He couldn't believe that so many different attacks had sprung from so many different sources. He couldn't believe in anything as arbitrary as that. He thought there was probably a single underlying cause. But he couldn't think what it might be.

"I learned how to write my name today. Now I'll never have to carry cash again."

Warren's hiccups lay unaccountably quiescent for a little more than a year. Then, in the spring of 1966, they unaccountably returned. The attack began on May 12. None of the usual home or office remedies had any prolonged effect, and on May 15 Warren was again admitted to Saint Mary's Hospital for observation and treatment.

After a long trial-and-error search, the hiccups were stopped by several commanding injections of chlorpromazine hydrochloride. That was on May 29, and Warren's endurance was almost at an end. He had endured three weeks of almost continuous hiccups.

The episode had also shaken Dr. Eisenstadt. It left him with an uneasy view of the future. Warren's persistent hiccups were becoming more and more persistent and less and less susceptible to treatment. He dreaded the next attack.

The next attack began on April 6, 1967. Warren was then making his home with a married daughter, and it was she who notified Dr. Eisenstadt. He responded by coming at once to the house. He found Warren exhausted and in bed—the hiccups had kept him awake all night—but otherwise much the same as before. His only notable bedside finding was that Warren was now wearing (on his urologist's prescription) an indwelling catheter to relieve his urinary difficulties. The hiccups were, as always, inexplicable. Dr. Eisenstadt considered his diminishing armamentarium, and during the next several weeks gave Warren a succession of intravenous injections of chlorpromazine hydrochloride, Dramamine tablets, Dramamine suppositories, and a chlorpromazine suppository.

But on Thursday, May 4, after two days of unbroken hiccups, Warren was admitted once more to Saint Mary's Hospital. He arrived more dead than alive. Four weeks of almost continual jerking had exacerbated most of his chronic ailments, and his heart was enlarged and beating hard. He was groggy from lack of sleep and weak from lack of food. The hiccups that kept him awake had kept him from eating, and he had lost some 20 pounds of weight. He was also in

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HALF A DOG HIGH

Chauncy was built close to the ground, but he stood tall with the family he protected from cats, raccoons, woodchucks, and the dog down the block.

by Byron K. Elliott

Illustrated by Phil Smith

Everyone knew that Chauncy was a dog—everyone but Chauncy, that is. He wanted to be something, so he equated himself with the most impressive creature who happened to be present—usually a human, but on occasion a horse or, more frequently, a much larger dog. Most dogs were larger, for Chauncy was a dachshund.

Dachshunds are small dogs, but that didn't bother Chauncy, since he didn't know it. Small as he was, he took enormous responsibility—for his family, for their house, and for the surrounding eight acres of woods, fields, gardens, and lawn, including the chicken coop, where a dozen white leghorns were generally busy kicking the straw around, feeding from the hoppers, and laying nearly a dozen fresh eggs every day. He knew it was up to him to defend the coop from cats, raccoons, and other dogs and to handle the animal life around his home.

Among the animals, woodchucks were the most destructive. Chauncy spent long days sniffing around the yard and knew where all their burrows were—quite an achievement, for two of three burrows were always concealed or camouflaged.

Not until I observed an incident from the rooftop of the garage did I realize the science and skill the little dog used in stalking these garden predators.

As I sat on the roof with a .22 rifle, I watched a large woodchuck nibble his way across a field—a bit of clover here and a succulent sprout there—and waited for him to come into better range. On a knoll at the edge of the field, Chauncy was apparently enjoying a nap in the warm sunshine. Then I saw his head move slightly and knew that he too was watching the woodchuck. He suddenly sprung up, barked in the high hunting note used for pursuit, and dashed into the field as fast as his crooked little legs would carry him. Alerted to danger, the woodchuck turned and ran for home. From atop the garage I could see that Chauncy was not running toward the chuck, but instead toward an interception point the chuck would have to cross in flight to any one of his holes. There Chauncy nailed him.

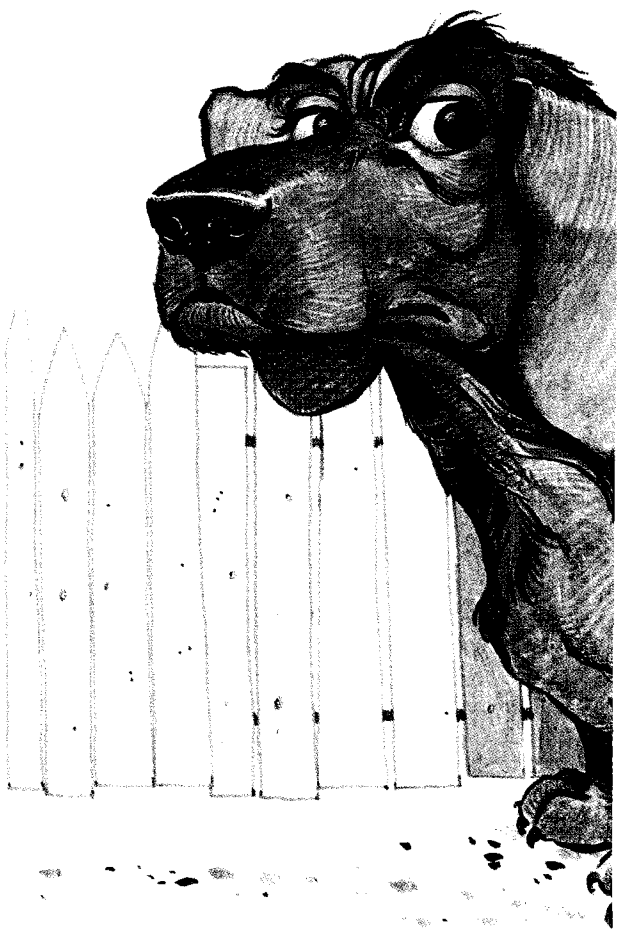
It would have been nice if Chauncy had left all his trophies where he caught them, but he was entitled to boast a bit. He would drag them up to the house and leave them on the threshold for all to see—one just had to be careful in leaving the house not to step on a carcass. He did go too far once, when he pulled a skunk from its hole and dragged it across the field to the front step—just as we were expecting guests for dinner.

One Sunday afternoon the family was out on the terrace. Chauncy flashed out of the woods, around the house, and over to his mistress. As he tugged at her skirt, she understood his message and followed him to the other side of the house, where she saw a fire just starting in the woods. Some children had been playing with matches.

If left alone by the children's playpen, Chauncy would not leave. He would bark if anyone came near or if a large bird flew overhead. On several occasions he called for help after a spider managed to get inside the pen.

His responsibility for the family was limitless. He checked up on every member of the household the first thing each morning. If he noticed an empty seat at the breakfast table, he would trot up to that person's room and return to query us with a worried look if the missing one were not found. Nature had supplied him with an ample hide that fell easily into wrinkles, especially on his forehead. He had the most eloquent frown in the neighborhood. When he worried, which he did frequently, he worried all over, on the outside as well as internally.

Years later, while the children were away in school, Chauncy extended his patrols to the



Dachshunds are small dogs, but that didn't bother Chauncy, since he didn't know it. His mistress said that he was a big dog in everything but size.

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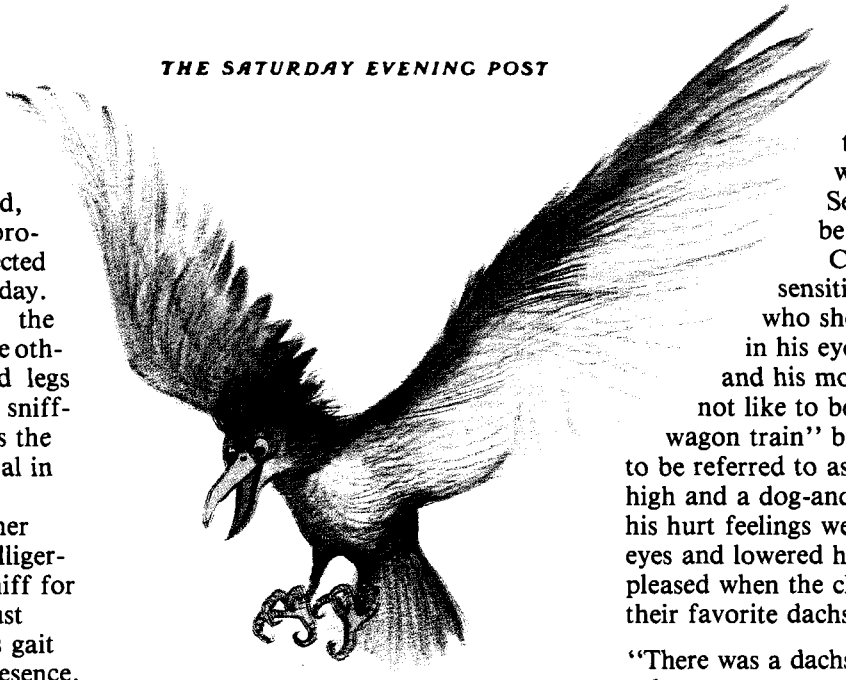
entire neighborhood. Everyone knew him; he would stop at several doors, wait for a pat on the head, and, concluding that all was well, proceed to the next house. He collected an average of two dozen pats a day.

Sometimes he patrolled the neighborhood with four or five other dogs. His small, crooked legs placed him at the rear of the sniffing column—but then, that is the proper location for the general in command.

In his relationship with other dogs, Chauncy was rarely belligerent. After an introductory sniff for identification purposes, he just ignored them, except that his gait became a swagger in their presence. The only exception was the shepherd that lived down by the river. Some sort of disagreement arose, and Chauncy came home with his hide badly ripped across his shoulders. Our vet sewed him up so neatly that he paid the shepherd another call, which necessitated another visit to the vet. After a third visit the vet refused to sew him up any more. But we heard nothing more of the shepherd. Rumor was the rival had suffered a nervous breakdown.



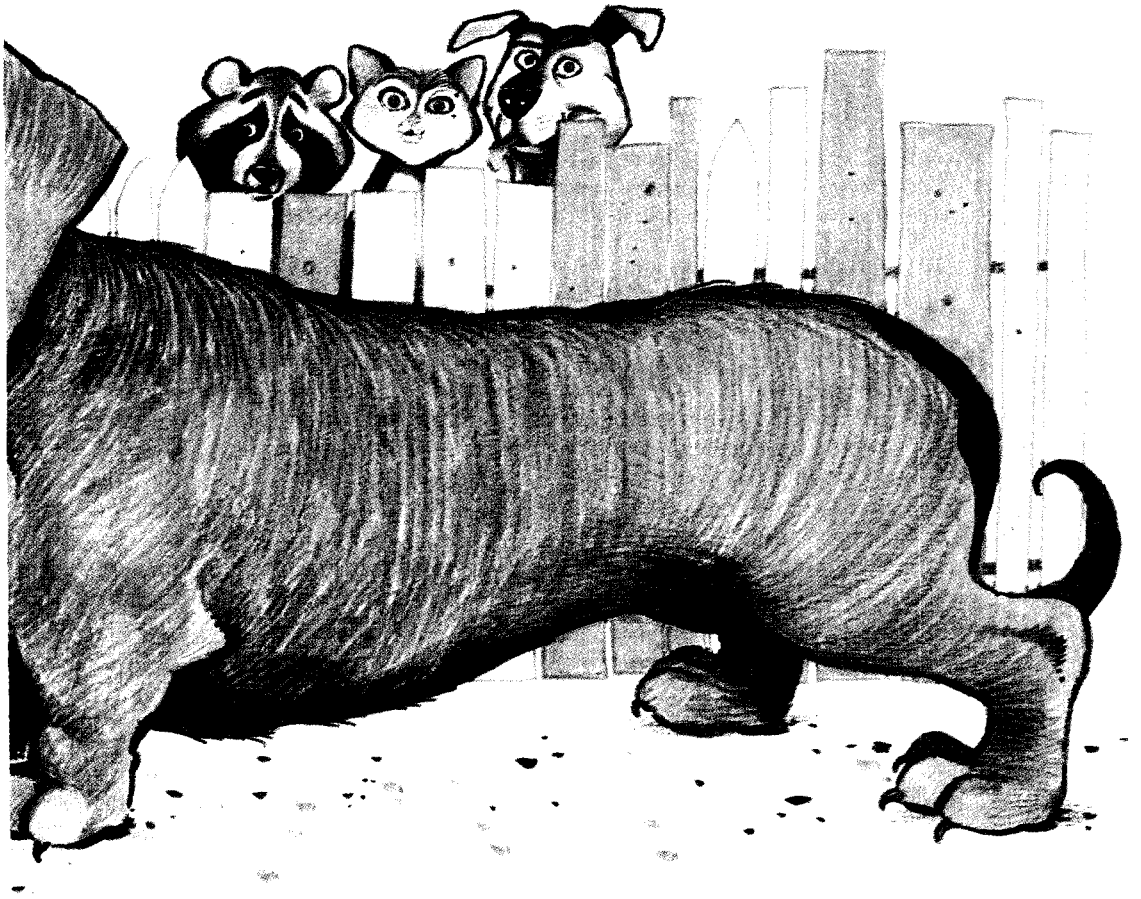
Our children used to claim that Chauncy was a police dog. If someone said he didn't look like a police dog, they maintained that he was in the Secret Service and must be disguised.

Chauncy was a sensitive little fellow, who showed his feelings in his eyes, his posture, and his movements. He did not like to be called "little wagon train" by the children or to be referred to as "a half-dog high and a dog-and-a-half long"; his hurt feelings were visible in his eyes and lowered head. He seemed pleased when the children recited their favorite dachshund poem:

"There was a dachshund once, *so* long
He hadn't *any* notice
How long it took to notify
His tail of his emotion;
And so it happened, while his eyes
Were filled with woe and sadness,
His little tail went wagging on
Because of previous gladness."

Upon hearing this, he would walk over to the nearest family member (usually his mistress), settle down, rest his chin on her toe, and listen. Maybe he liked the cadence, or the rhymes, or the attention suddenly focused on him. Perhaps he understood every word.

Chauncy was a little guy, but he has remained large in the memories of his family and neighbors. Few of them ever knew that his real name was Lothar, as registered in the American Kennel Club, or that his lineage was aristocratic. They did not doubt that he had been an influential dog in more ways than one, for many of the neighborhood puppies born during his heyday had features at least suggesting a dachshund had put in an appearance.



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HOUSES THAT CAME IN THE MAIL

Many of America's home sweet homes, from bungalows to downright mansions, came on special order through the Sears, Roebuck catalog.

by David M. Schwartz

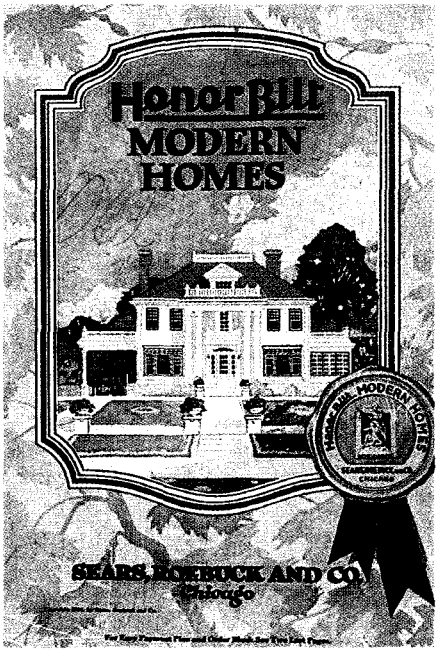
An element of perplexity mingled with the obvious sincerity in Linda Pruitt's voice. "If you come out here, we'll be delighted to talk with you, but please be aware that these are very modest Midwestern homes." The sentence was punctuated with pauses after "very" and "modest," providing an emphasis that was gently but clearly communicated over the telephone.

Carlinville is an average sort of Midwestern town, a graph-paper grid of shaded streets and well-tended buildings that crop up out of the cornfields lining Interstate 55 in west-central Illinois. In the 19th century, its greatest architectural furor was caused by wild cost overruns on the Greek Revival "Million Dollar Courthouse" of 1870 that nearly brought on a civil war among Macoupin County's enraged citizens. Now, in 1985, 152 frame dwellings in a 12-block area known as the "Standard Addition" are stirring up a lot more excitement among preservationists than their unimposing looks would suggest.

I had been undeterred by Linda Pruitt's warning. Modest the houses may be, but they also have an odd distinction: They were ordered from Sears, Roebuck and Co. A mail-order neighborhood, if you will.

To those who have known about it all along, the origin of the homes was never especially remarkable. In the early years of this century it was discovered that the entire town sat on a seven-foot seam of coal. Seeking fuel for its refineries, Standard Oil Company (Indiana) opened the Berry Mine in 1917. Six hundred miners were employed, and Carlinville was transformed virtually overnight from farm town to boom town, long on power and promise but short on adequate housing. To meet the need, Standard Oil placed a $1 million order early the next year with the company that pitched itself as "The Biggest Home Building Organization on Earth."

"These are fine houses—traditional, well-constructed, solid as the Rock of Gibraltar," Jayne Bowman explained as we ambled down North Charles Street and noted the stylistic distinctions between the various models, "but really they're nothing more than your basic Midwestern box." In the Sears catalog each had a name like The Warrenton, The Whitehall, The Gladstone, and The Carlin (presumably named for Carlinville). There are at least eight models, varying in roofline, porch location, window type, and other details, the diversity providing a variegated streetscape that belies the fact that all of them were ordered, en masse, from a catalog just bursting with options.



Hot items in Sears' catalogues from 1908 to 1937, "Honor Bilt" houses are now the darlings of owners and preservationists.

"It used to be that when people talked about the 'Standard Addition,' " Melody Tigo explained, "we knew that in their heads they were thinking 'Substandard Addition.' But now we've got status. All of a sudden, we're on the right side of the tracks! Your home, wherever it is, ought to be kept up, but now a lot of us are beginning to feel, 'Hey, we really *got* something here. *Our* house is as important as the one where Abe Lincoln stopped when he visited Carlinville.' It's just a little old house. I love it, but it's just a little old house."

In 1981, *Historic Preservation* published an article on Sears houses; a year later the Associated Press put out an item. When editors included a box asking readers to write if they knew of Sears homes in their area, the response was overwhelming. The rush to rediscover mail-order houses was on.

If the idea of Sears, Roebuck selling houses seems outrageous, it seemed logical enough in 1908. The company was formed in 1886 by Richard Sears, a railroad agent turned watch salesman, and Alvah Roebuck, his repairman. Roebuck sold out in 1895, but Sears went on to achieve vast wealth by offering Americans a "wish book" of goods that could see them from birth to death. Baby buggies to tombstones, violins to wedding gowns, bust developers to patent medicines—the Sears, Roebuck catalog had them all.

Sears stirred his public with a silver-tongued promise of quality he called "the best in the world." He also offered—and made good—a rock-ribbed, money-back guarantee. Americans devoured the Sears catalog as if it were literature.

A natural progression led in 1908 to the housing business. By the turn of the century, the Sears catalog had a sizable section devoted to doors, windows, moldings, and other building materials. What better way to spur sales of items for the house than to sell the home itself? The first offering of complete "Modern Homes" appeared in the general catalog for Spring 1908; later that year, the company also issued its first Modern Homes

Gail Mooney

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Catalog, featuring 22 models ranging from $650 for a three-room cottage to $2,500 for a nine-room Queen Anne-style edifice. (In Cabin John, Maryland, a suburb of Washington, D.C., a little four-room Sears bungalow changed hands recently for $95,000, and the 1928 Hathaway, with an original kit price of $1,807, sold for $106,000.)

Copywriters left little room for doubt. "Let us save you from $500 to $1,000 or more on your next building," the bold print blared. "Don't let any contracts, don't make any arrangements, don't give an architect an order for any plans until you have carefully considered the wonderful offers we make you in this book."

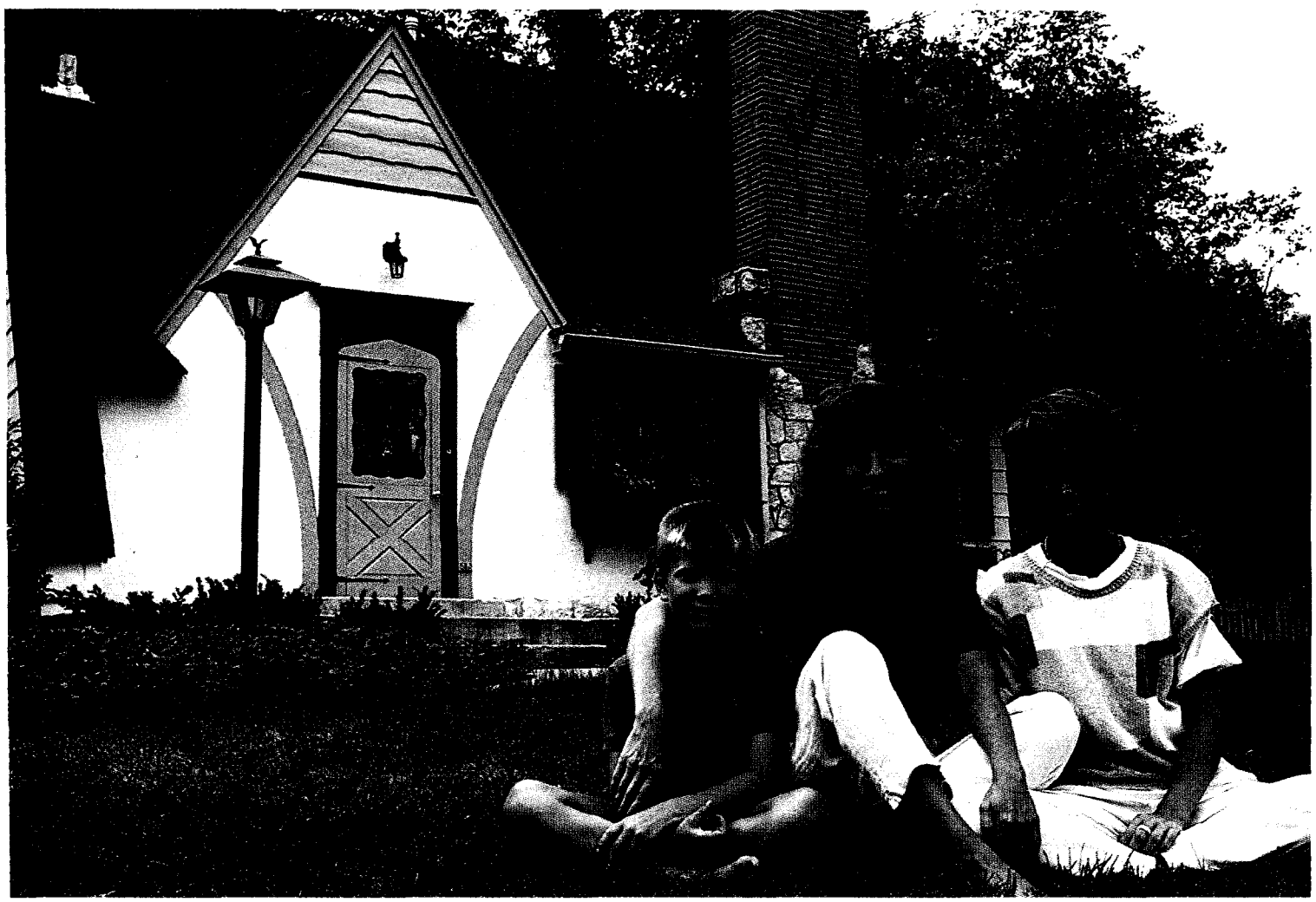
It was the American dream by mail order, and it couldn't have been much simpler. You picked your house, placed your order, and waited for the boxcars to arrive. Sears offered nearly everything you needed—lumber, shingles, roofing, millwork, flooring, plaster, lath, doors, windows, fixtures—even sash weights and paints. (Plumbing, heating, wiring, and the kitchen sink were extras.) Most vital, the shipment included a complete set of blueprints prepared by Sears' staff of architects. You provided masonry, labor, and a building lot within hauling distance of a railroad siding.

Gail Mooney

(Above) In 1918, 156 Sears houses turned Carlinville, Illinois, into a boom town. (Below) The Johnsons' "Strathmore," near Chicago, was bought with monthly payments as low as ten dollars.

Although most purchasers hired out the actual construction, many chose to build the homes themselves. Sears anticipated their every need and included with each order a 76-page instruction manual. Every board, every stud, every rafter, joist, and molding had been cut, notched, or mitered to fit and numbered to match the plans. All the novice builder had to do was follow the numbers and put it all together, and the manual told him just how to do that—right down to the spacing between nails.

In the late teens and '20s, the Modern Homes program hit its stride by offering not only the materials needed to build a home but the money needed



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to finance it as well. Sears, Roebuck and Co. was said to be the only institution to grant mortgages without meeting the borrowers or inspecting their properties. Frequently the company advanced part of the cash needed to pay for local labor. The overlenient policy would later come back to haunt the lender, but not before more than 100,000 houses were sold.

Although Carlinville has the most extensive neighborhood ordered from Sears (Standard Oil's million-dollar check was reported to be the largest the giant mail-order company had ever received), there are other pockets of "Honor Bilt" homes around the country. Like the Standard Addition, the buildings were sometimes put up by an employer seeking housing for its workers; Hellertown, Pennsylvania, has 61 Sears homes originally occupied by Bethlehem Steel employees. Often local contractors, smitten by the labor-saving benefits of Sears' ready-to-assemble homes, would promote them in their own towns. Oscar and Elmer Blume of Des Plaines, Illinois, claimed 104.

***Houses by Mail*, published this spring, is the bible to researchers of Sears' ready-cut homes.**

The 146-page 1918 Modern Homes catalog was the first to bestow names on its houses; on the four-color cover was the top-of-the-line Magnolia, a ten-room Southern-style mansion with fluted Corinthian columns, curving black-walnut banister, leaded-glass buffet, a solarium, and servants' quarters. Of course, you had to pay for such luxuries; the catalog price was $5,140. In the fall of 1926, to dramatize "Our Liberal Easy Payment Plan," a chart showed what the typical customer had probably spent in rent during the past ten years, abetted by a picture of a man dropping his rent money into a garbage can.

For Carl Puffe of Meriden, Connecticut, the 1925 catalog worked exactly as Sears intended. He was browsing through, "not looking for anything in particular," when his eye was caught by The Vallonia, a neat-looking cottage with broad eaves, a prominent porch, and a large three-bay dormer. The price, including electric wiring, sheet plaster, and a number of other options he selected: $2,803.21. Puffe had "never built even a doghouse," but with the help of an equally inexperienced brother, he decided to give it a try.

The main problem turned out to be figuring out what to do with the house *before* it was put together. Although Sears shipped materials in installments, Puffe got behind schedule. Like a scene from the *Sorcerer's Apprentice*, supplies arrived faster than he could use them. "It's a good thing my mother lived next door," he says. "We shoved windows in her closets, doors under the beds, plaster, paint, and everything else wherever we could."

When the Puffe brothers drove the last nail, two years after the first, Carl Puffe celebrated by betrothing May Lloyd in the living room. "She wouldn't marry me until the house was done!" the octogenarian recalls, a twinkle still dancing in his eyes.

Because the Modern Homes sales pitch stressed low cost, the company also took pains to emphasize it was not false economy: "We guarantee to furnish absolutely the most dependable grades of building material on the market." The catalog's pages were sprinkled with testimonials from overjoyed purchasers and builders. "I put up a house for Mr. James M. Ferguson," declared Henry V. Tillotson of Ossining, New York. "We have offered a reward of one dollar for every knot as large as a ten-cent piece found on this house, but no one has asked for a dollar. . . ."

"Quality? Let's have a look." Floyd Johnson kicked open a hatch that led to the crawl space beneath the front porch of his 1921 Americus, a hip-roofed Colonial, in the smart-looking Chicago suburb of Glen Ellyn. Johnson knew nothing of his house' origins when he and his wife, Bev, bought it in 1967, but later, while exploring the attic, he found a set of blueprints displaying the Sears imprint.

On hands and knees, I stared up at the infrastructure of the Johnsons' porch: arrow-straight two-by-eight joists spaced 16 inches apart. If I'd relied on Henry Tillotson's offer to hand me a dollar for every knot bigger than a dime, I'd have gone broke.

Johnson showed me the blueprints, now framed and matted on the living-room wall. On each sheet a bill of materials enumerated every piece of wood in the house and gave its grade; floors were of maple, oak, and pine; framing lumber was all listed as "No. 1 Y.P."—top-grade yellow pine. I thought about the price of such lumber today—if it could be found at all.

After the grand tour, we sat among scheffleras and potted bamboos in a solar-heated addi-

Gail Mooney

Fine woods included black walnut for this banister, birch treads, and oak floors, all hand-finished by the owner. A reward of a dollar for every knot as large as a dime went begging.

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tion Johnson had built on the south side of the house. (For more on solariums, see "Bringing the Outside Inside," page 82.) The room's centerpiece was a six-foot hot tub occupied by the Johnsons' two sons. "When I found out it was a Sears house, I knew I wanted to protect the integrity of the facade," Floyd explained, "but my architectural idealism was challenged." Indeed, the sun room and its 20-foot expanse of glass on the south were straight out of the '80s, but from the street, the entire room looked like a chip off the old house. "Don't think for a minute it was fun building this thing with a hip roof. It must have added at least a month to the job," said Floyd.

(Above) Sears' mail-order houses provided everything but the kitchen sink—and labor. (Below) The top-of-the-line Magnolia—ten rooms and a kit price of $5,140—was one of the first Modern Homes with its own name.

The Modern Homes program did not weather the Depression. The nationwide market for new housing took a nose dive, and Sears found itself spending more and more for a slow-growing slice of a fast-shrinking pie. Keeping the Modern Homes program aloft required the aptly described "Liberal Payment Plan," and ultimately that did it in. During the dark years of the Depression, the company found itself foreclosing on thousands of delinquent mortgages. In terms of public relations, it was a disaster—Sears, "the farmer's friend," repossessing hard-earned, hard-sold homes around the country. But in terms of cold figures it was even worse: Between 1909 and 1934, home sales of about $90 million had returned a profit of $4.3 million. On the other hand, mortgage losses were nearly $7 million. The Modern Homes department was dissolved in 1937, although leftover stock was sold into the '40s.

Unlike the Johnsons and the Reynoldses, most of those who own the 100,000 homes have not found blueprints or former occupants to confirm that theirs are Sears stock. At that point the trail leads to the 40th floor of the Sears Tower in Chicago.

"Some owners would like some

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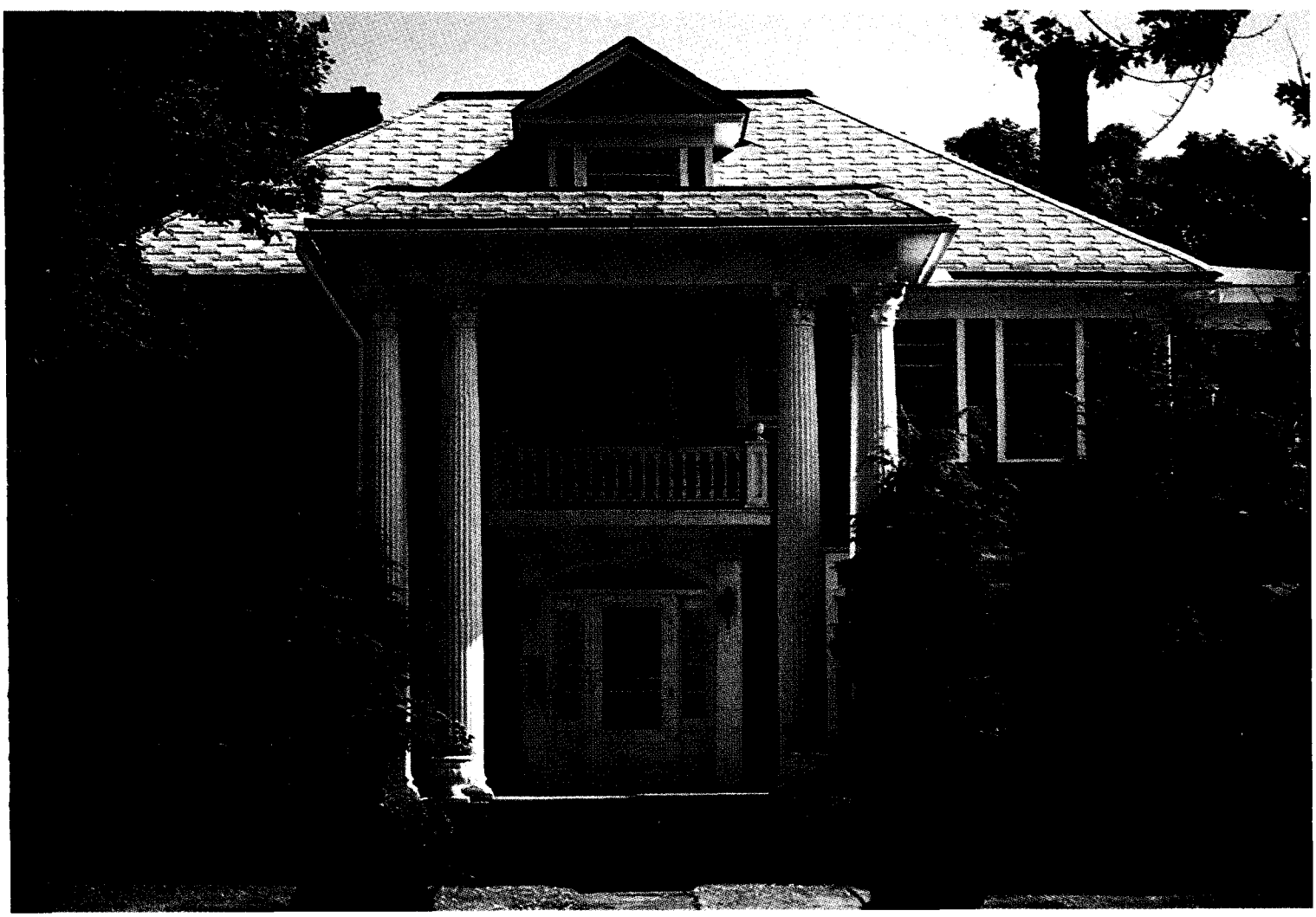

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ON THE MOVE

Going from a four-bedroom house into a four-room apartment is traumatic enough without finding a furnace and a hot-water heater that compete for attention and another family living on your ceiling.

by Maynard Good Stoddard

Illustrated by Don Trawin

The decision to move from our four-bedroom house into a four-room apartment was influenced by something my wife said at the breakfast table one morning. Parting my newspaper with her grapefruit knife, she peeked through and said, "We are moving from our four-bedroom house into a four-room apartment."

Taping my paper back together, I began looking at apartment ads. But one doesn't unload a 20-year accumulation from a two-story, three-kid, eight-room house with full basement, full attic, and overfull garage on garage-sale patrons the first day, you know. Or for three full weeks, as it turned out.

I couldn't believe the amount of stuff Lois had let pile up in those 20 years. I'm talking about dishes from the *Mayflower* that her Aunt Minnie had passed along shortly before passing along in person. Dresses that dated back to size 12. Pots and pans that had gone to rust shortly after the invention of frozen TV dinners. A sewing machine that surely had served Mr. Singer in getting his first patent. Her hoard of shoes, boots, and bedroom slippers by themselves covered the area where the car had been.

On my 90th-some trip from garage back to house on opening day, I met Lois staggering under a load of heirlooms I had planned to pass down to Michael, our only begotten son. I mean priceless *objets d'art*, such as the Capehart TV cabinet I meant to disembowel someday and use to store my pine-cone collection. And there was the barrel top on which I was going to mount the finest swizzle-stick assortment in Owen County. And the cashmere jacket due to return to style any year now. And would you believe she even had my grade-school plaque I had won for finishing third in the high-jump competition between Richfield Center and Henpeck!

Needless to say, we had words: She got hers out; I didn't. The upshot was, I went through the rest of my stuff myself. Came out with three neckties, had second thoughts about one and brought it back. And the sale was on.

As I recall, we sold a pair of shoes for 15¢ and one of the rusted skillets for a quarter. The rest of the accumulation we left as a surprise for the people who bought our house. Come to think of it, they never have thanked us.

• • •

U-Hauls are rented by the day and by the half day. And you know me. I'd move in half a day if it killed me. Of course I didn't know that it would be touch and go there for a while.

Anyway, the owner of the rental found me waiting when he opened at 8 a.m., and after three fast trips with the larger items he checked me in just under the wire at 11:58. "I can move the odds and ends with a couple of trips in the car," I explained to Lois as she was helping me up the steps and into the house and over to the ironing board where I could lie down.

That afternoon, after a hearty application of Ben-Gay, I began transporting the odds and ends. The ends I had estimated correctly, but I'd missed the odds by a mile. Averaging a carload, trunkload, and topload every hour and stopping only for a fast Big Mac at 7 p.m., and again for a 15-minute break to straighten my spinal column so I wouldn't keep stepping on my hands, I dragged the final carload, trunkload, and topload into the apartment at 10:45 that night. We bedded down on a mattress on the floor. It could as well have been leaning against the wall for all the sleep I got.

For one thing—two things, actually—we'd never had the "conveniences" so convenient. In our house with a basement, we didn't give the furnace and the hot-water heater a second thought. They lived downstairs, we lived upstairs. They minded their business, we minded ours. They gave us heat and hot water on demand, and if they didn't we'd go down and kick them a couple of times and then call a repairman. And that was that.

An apartment hot-water heater, on the other hand, follows you around. And it gets in bed with you. And it snores, and it whimpers and grumbles and chuckles in its dreams. And it has a bladder condition. And two hours after moving in you wish it would come down with a bad case of corrosion and rust to death.

Maybe yours don't, but our hot-water heater and the furnace share a closet just off the living room. And they aren't compatible. Not only do they try to outloud each other, they compete to see which one can "come on" most often in a 24-hour period. Let us so much as put a finger to the tap to wet a postage stamp,

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and the heater springs joyously to life. "You rang, sir? At your service, sir! All that I am or hope to be I owe to my beloved master! Yes, sir!" And it promptly cooks enough water to wash an elephant.

On one memorable occasion the hot-water heater and the furnace got their signals crossed, and both shut off at the same time. In the sudden silence, Lois woke out of a sound sleep and exclaimed, "What was that?"

Speaking of silence—unless you live on the top floor of an apartment complex, which we don't, you will have people living on your ceiling. In our case it turned out to be a 280-pound caribou hunter breaking in a new pair of snowshoes. And he had begat a kid whose favorite toy is a pogo stick. With at least three pogs. When the kid finally tires of prancing across the floor with this satanic gadget, he relaxes by dropping a sack of ball bearings to see which one will roll farthest. Sometimes he sees how many he can keep rolling at one time. Sometimes he jumps up and down on this three-pog pogo stick to help them along. Sometimes I wish he'd get a hernia.

A caribou hunter, a vacuuming crackpot, and a kid with a 3-pog pogo stick, lived on the ceiling.

The mother is something else—which is probably the best arrangement for a family. On our second night—our nerve ends not yet adjusted to the clamor and crackle of the furnace and the hot-water heater, the thump of the snowshoes, and the rattle of the ball bearings—one of the bearings had evidently got stuck in a crack in the floor, and the caribou hunter began trying to jackhammer it loose.

Lois, who had been purling and dropping, dropped her knitting needles and yelled, "What in the world is that?"

Giving our upstairs neighbors the benefit of the doubt, I bellowed, "Might be a riveting school next door!"

"Why didn't you check before we moved in?" she screamed, the poor dear having forgotten that it was she who had found the apartment.

Although it was a little late, I went outside to check. No sweat. It was only the woman on our ceiling running her vacuum sweeper. "Oh, well, at least it'll only be once a week," philosophized my own little homemaker.

As it turned out, however, not every woman looks upon dust as my wife looks upon dust. . . and looks upon dust. . .and looks upon dust. This woman vacuums every day, rain or

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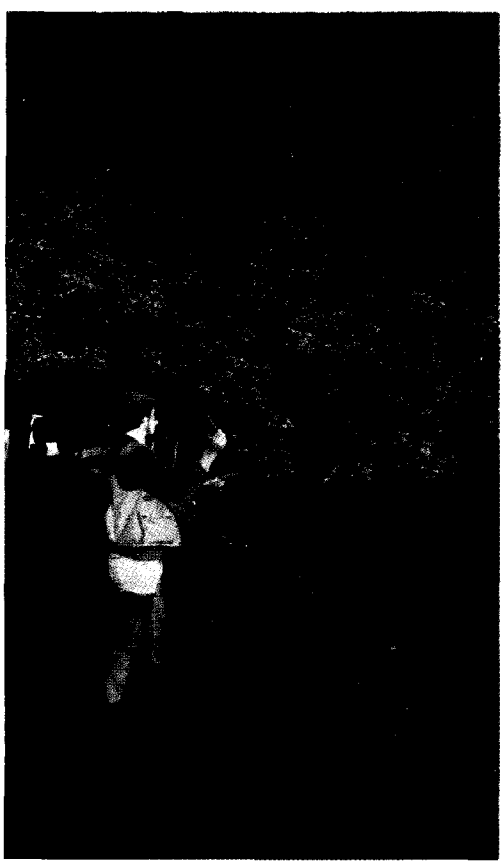
GOING FISHING WITH THE PROS

Sharpen your angling skills with tips from such master fishermen as Al Lindner, Steve McCadams, Jerry McKinnis, Billy Westmoreland, and Babe Winkelman.

by Patrick Perry

How do they do it? While we amateurs bake through a long, hot afternoon and impatiently wait for that first rod-twitch, these guys are reeling in trophy-size game fish—on national television, no less! But these anglers would be the first to volunteer tales of early empty-stringer days. Time and patience helped them take some of the guesswork out of the game. Replacing the "hit or miss" method of fishing with some expert know-how changes the sport from a real mystery to a "reel" challenge. From this two-part series, take some tips from such fishing greats as Billy Westmorland, Jerry McKinnis, Babe Winkelman, Al Lindner, and Steve McCadams and start hooking the best trout, bass, walleye, and crappies the fresh waters have to offer.



Site-fishing for trout demands masterful maneuvering. Wear neutral, khaki-colored clothing; cast upstream and let the current deliver the bait right to the trout.

Trout Fishing with Jerry McKinnis

"Doggone, if a trout isn't the most complicated guy in the world," says Jerry McKinnis, the host of "The Fishin' Hole," a weekly outdoor-fishing TV program. "His feeding habits are different according to the different regions you find him in. Take a trout up on Lake Ontario, for instance. He might be hitting a spawn bait-fish roe or a spawn imitation. Take the same method and bait and go out to a stream in Montana, and it won't be worth a hill of beans. The fish in Montana are programed to feed on bugs, and that's what they want. They wouldn't eat that salmon egg for love nor money. Might not even know what it is."

Finding the feed is the vital first step in tackling trout, Jerry says. "Matching the hatch is what trout fishermen call it," he continues. "If a trout is feeding on shad, salmon eggs, or bugs, you're just whistling in the wind if you think you can catch him on anything else."

Because trout are such finicky feeders, unfamiliar territory can present a real dilemma. What are they feeding on there? Word-of-mouth may provide the answer. Ask at the local bait shop or nearby dock what the trout are biting on. Jerry also suggests studying the creek or stream for signs of feeding activity. "If the trout start dimpling the top of the water in great numbers at any time during the day," he says, "you can bet that the bug hatch has started hitting the top of the water. You better start fishing with a dry fly, because that's what they are into."

He also suggests netting bugs flying over the water's surface, or stirring up the gravel bed to see which bugs surface, then trying to match the fly from your tackle. Some trout fishermen take their first catch and immediately dress it (prepare it for eating). This way they see exactly what the fish has been feeding on.

If you're wondering about the best time of day to catch trout, once again trout deviate from the norm of most game fish. "The best fishing for bass is in the morning and late in the evening, because they don't like the hot sun hitting them in the face," Jerry explains. "But a trout will do what-

A well-known TV fishing personality and author, Babe Winkelman takes special pride in outwitting the calculating walleye.

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ever his feed is doing. If it takes some hot sunshine to get his hatch growing, it might be one or two o'clock in the afternoon before he is likely to be caught—right in the worst part of the day."

One mistake that Jerry finds many trout fishermen, especially newcomers, making is choosing the wrong weight of line. "I use four- to two-pound test line," Jerry advises. "The weight of your line is so important in catching trout, more so than any other fish. The line must be very light so the fish won't see it. It also makes the lure function better in the water."

Balancing your knowledge of the right bait, the right time, and a great casting presentation throws the odds of landing some great fish in your favor. Jerry's recent fishing trip is a good illustration: While he traveled through Canada and Alaska, he paced very carefully along one river bank. He noticed a large school of salmon spawning nearby, and right in the middle was a five- or six-pound rainbow, feeding on salmon eggs.

"All I had to do was throw me a little white jib with a little orange in it," he relates, "and cast it above that trout. I let it drift right down in front of his face. If I didn't spook him, and made a good cast or presentation, I'd get a bite from him every time. If I'd used a dark or yellow jig, it wouldn't have even interested him."

Sounds simple, huh? Sure, it takes practice—Jerry is the first to admit that. But if you love the sport you'll be out there anyway.

Jerry offers some other trout-fishing suggestions he's discovered hold true: "Never wear bright clothing, for one," he says, laughing. "I wear a red cardinal jacket that I'm kind of famous for. I might wear that jacket when fishing for trout from a boat. Never when I'm site-fishing, like for example, in a stream. I'd think the trout would know in the morning when I put the jacket on that I was coming. And once you spook a trout," he says, "you might as well go on to the next fish. You're not gonna hook him."

Of course, the thrill of the catch is in the fight. And trout are real fighters. But don't let your rod swing to his favor, Jerry warns. "Trout will mess you up. They take your rod tip and lower it to the water so that the tip is almost pointing right at the fish. At this point, he's so fast that he'll break you right off," Jerry says. "Keep your rod high. By that, I don't mean keep your hands high. When the fish begins to make his sudden moves, the first thing he'll do is bend the rod. You've got your right hand holding the pole and your left hand on the reel. When I'm fishing with spinning tackle, I back-reel, which means my drag is set fairly well, but I won't put my lock on. I'm reeling the

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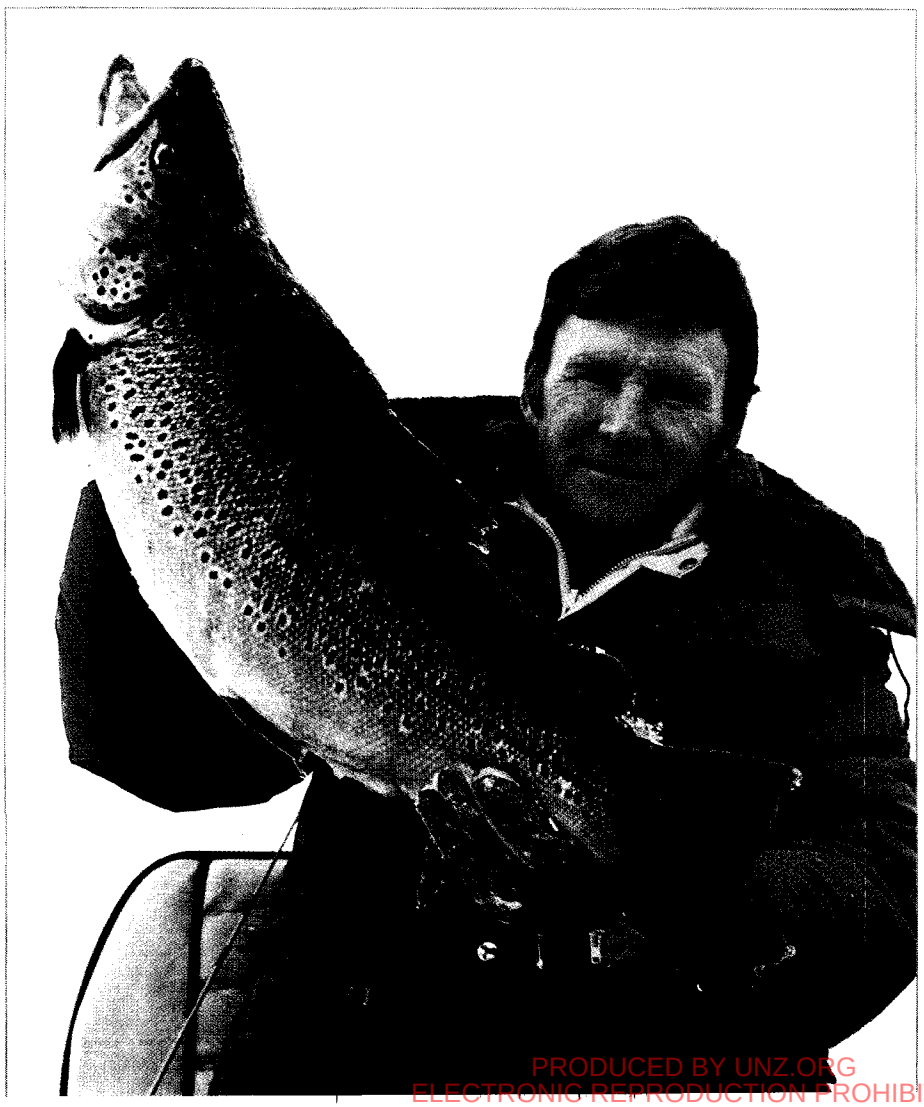
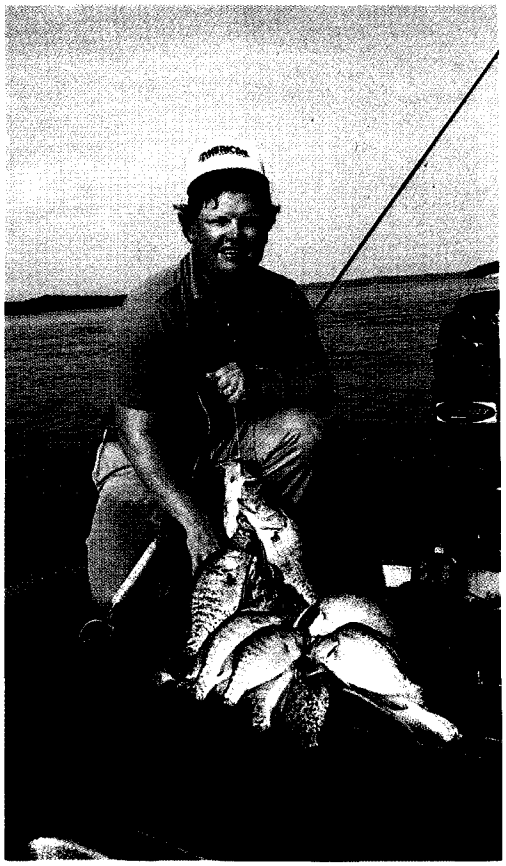


Hooking a trout like this would make anyone smile. Jerry McKinnis, host of "The Fishin' Hole," believes nothing can surpass the sheer excitement of banking a trophy trout.



Steve McCadams angles 240 days a year on Kentucky Lake in his quest for prize-winning crappie.

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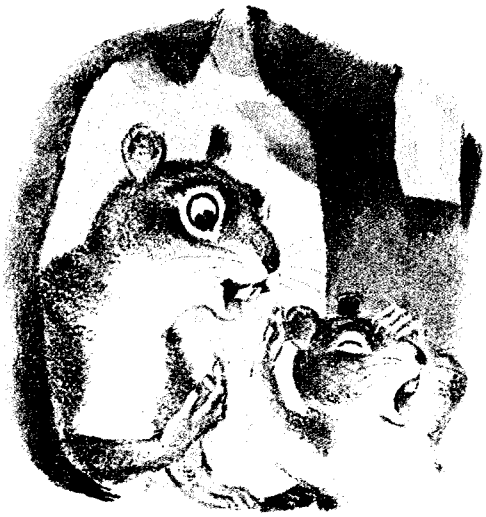
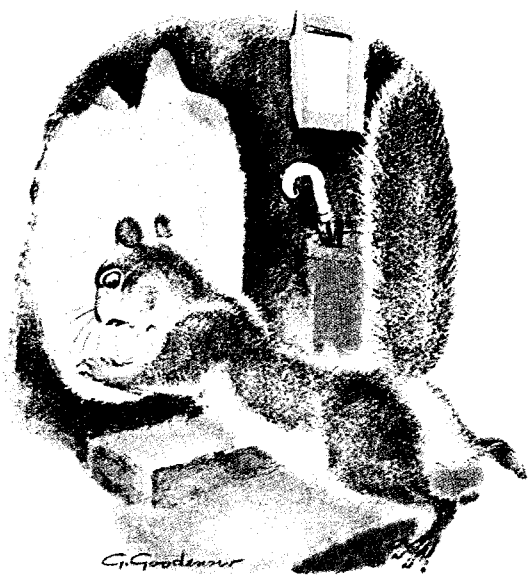


Once there was a squirrel who got out on a limb, took one look at the ground— and swooned. He was known as

The Squirrel Who Was Scared

By Don Tracy

Illustrated by Girard Goodenow



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It was a safe, warm, wonderful world for Wentworth right up to the day he looked out the window. Well, not exactly the window; it was a combined door and window, the only opening to his cozy, quiet home.

"Oy!" Wentworth said.

He scrambled back to where he had been and sat down, his little head going around in tight circles. When his brain cleared a bit, he decided there must be some mistake. It was impossible that the front door of where he lived was 14 million miles up in the air. Nobody in his right mind would live in a house that you couldn't step out of without breaking your neck, and say what you would about The Major, mamma had good sense.

"Fifteen million miles up!" he squeaked, and fell in a dead faint.

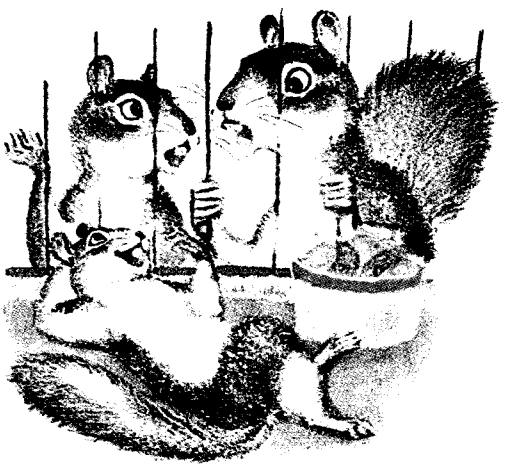
He was still out cold when mamma came home, and mamma nearly went into hysterics when she saw her son lying there, stark and still. She brought him to by the simple expedient of shaking him by the scruff of the neck till the rattling of his teeth woke him up, and then, mad as mothers always are when their offspring give them a scare, she lit into him.

"Frightening me to death!" she barked. "Playing games on mamma when she comes home tired out and having to run the last part of the way so she wouldn't be late with your dinner! What's the matter with you, hanh?"

"Up," Wentworth murmured feebly. "High."

"Up? High? What're you talking about?" mamma asked. "Answers I want, not up-high's."

"The place you go in and out," Wentworth managed. He gulped at the recollection of what he had seen. "It's 16 million miles up in the air."



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"It's exactly 38½ feet," mamma snapped, "and—oh-h-h." She lost her glare and replaced it with a smile. "Wentworth, dear," she said softly, "you're growing up. There are some things you should know."

"Thirty-eight and a half million miles up!"

"Oh, relax, buster," mamma said irritably. "Take it easy. You're all right and you're not stranded anywhere. You see, you're a squirrel."

"A whuh?" Wentworth asked.

"A squirrel, a gray squirrel," mamma explained. "A *Sciurus carolinensis,* if you want the Latin."

"And what's being a—a squir-rel got to do with being stuck up here with no way to——" He stopped and eyed his mother speculatively. After all, she and The Major used that door all the time and they didn't break their necks. "You mean," he asked, "a squirrel can fly? I can fly; is that it?"

"Well, no," mamma said. "There's a trashy branch of the family that claims they can fly, but you can't."

"Then how——"

"You climb," mamma said. "It's easy. You run out on a branch and then you jump ten feet or so to a lower limb and then you go down the tree trunk, head first, and you jump some more and you climb down some more and pretty soon you're on the ground. And what do you say to that?"

"Mamma," Wentworth whispered. "Stop. Please stop. I told you to stop," Wentworth groaned. "I warned you."

"But all I said was——Oh, so you finally decided to come home, eh?"

The Major entered the room, handsome as always, sleek as always, debonair as always.

"Hi-ho, wife and kiddy," he caroled. "Tea ready?" He looked at Wentworth. "And what's wrong with you, old boy?"

"Your son," mamma said heavily, "just threw a conniption fit when he found out he is a squirrel and might have to do a little climbing."

"Don't blame you, laddie," Wentworth's father nodded. "Rather be a raccoon, myself. Now there's a chap with a stunning coat, and that black mask of his is really effective—makes for an air of mystery, don't you think, dear?"

"I think," mamma said, "you'd better impress on this son of yours that he'd better get over this foolishness about being afraid of high places."

"Oh, Wenty will be all right," The Major said breezily. "All of us a bit frightened over the prospects of the first trip, eh?"

"Chin up, old man—nothing to it, really," he said, and he started for a far corner.

"And where do you think you're going?" mamma asked.

"Everything's just fine here, dear. How're things at home?"

"Time for my nap, dear," The Major said. "Always take a spot of sleep this time of day, y'know."

"Today, you don't," mamma said flatly. "Today you take Wentworth out and show him how to move around."

"But, my dear," The Major protested. "It's always the mother's djooty——" but then he caught mamma's eye and turned to Wentworth. "Come on, old boy. Let's take a stroll, eh?"

"Nope," Wentworth said.

"Y'mean you've actually got the wind up over a mere stroll outside?" The Major asked. "Y'mean actually?"

"If you mean am I scared," Wentworth replied, "yes."

The Major stroked his mustache reflectively. "Well," he suggested timidly, "we could make a game out of it. We could——"

It was then mamma left what she was doing and marched across the room. "Wentworth," she said, "get up and go with your father."

Wentworth recognized the tone. He got up and went to the door.

"And don't come back till you've been out to the end of the limb and back," mamma said.

When he got to the door, Wentworth took a deep breath and closed his eyes. He froze there on the threshold and felt the awful emptiness beneath him.

"Now then," his father said, "let's be off, eh? Watch your pater, old boy. See, I grip one side of the branch thusly and the other side thusly and balance with my tail and—— Wenty, have you got your eyes closed, by any chance?"

"I sure have," Wentworth said. "I wouldn't open them for a million bucks."

There was a lengthy pause as The Major sat on the limb, considering. "I have it," he said finally. "I'll back up to the door and you'll go piggyback on my shoulders. You've done that often enough. And you know I don't want to fall, don't you, so you'll be perfectly safe. And we can tell mamma you went out to the end and back."

Wentworth thought that over. He knew it would not be nice for either of them to go back to mamma and say the stroll hadn't been taken. By their forgetting to say it was a piggyback proposition, she might be satisfied. And he could keep his eyes closed.

"O.K.," he said, "but no tricks."

"No tricks," The Major promised. "Word of honor."

Wentworth waited until he felt his father immediately in front of him. Then, cautiously and with eyes still shut, he climbed aboard, grasping The Major about the neck with his forepaws.

"Off we go," said The Major gaily. "Nothing to it, you see. One-two-three-four, right out to the end. Easy as anything, eh?"

It was easy. His father moved effortlessly along the limb with never a suggestion that they were anywhere but on the solid floor of their house.

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Wentworth wrinkled his nose and sniffed. The air was delicious, heady, and the breeze that ruffled his tail sent exhilarating tingles up his spine. He sniffed again and in his pleasure he forgot where he was. He opened his eyes.

Wentworth looked down. "Gah-h-h!" he said, and clutched his father's neck in a strangle hold.

Down there, 38½ million miles below, was the hard, rock-studded ground, waiting for Wentworth to arrive. It was awful.

"Guh-guh-katuff!" The Major was gargling wildly.

"I wanna go home!" Wentworth wailed.

The Major tried to raise one paw to ease the death grip on his windpipe and succeeded only in tilting perilously.

"Leggo!" The Major managed to wheeze. "Dammit, leggo!"

Let go? Wentworth would as readily have leaped into space. As his father began to tilt again, he shifted one foreleg from The Major's throat and clamped it securely over his father's eyes.

Mamma had heard the commotion by this time, and she was at the front door and screaming advice, orders, supplication, and abuse at her husband. She started along the limb toward them, but at that time The Major decided that, out of wind and blinded by his son's clutch, his only hope lay in making a desperate leap for the home tree. He gathered himself and jumped at where he hoped the door would be. He met mamma in the middle of his jump, headed in the opposite direction.

There was what would have seemed to any beholder an explosion of a bundle of gray fur. Mamma went pinwheeling off in one direction; The Major and Wentworth went ricocheting off in another. Wentworth stayed with The Major; it would have required a pinch bar to rip him loose at that time. The jar of the collision, however, did one thing; it moved Wentworth's blindfolding paw the fraction of an inch The Major needed to catch a partial peep at what was going on.

As he and Wentworth headed earthward, The Major reached out at passing twigs and leaves and snatched at them for the split-second brakes that would slow up his landing speed.

He reckoned, however, without Wentworth. Had he been alone, The Major could have done a professional shoulder-roll and bounced up grinning. As it was, he landed with Wentworth's weight squarely on top of him. He flattened squashily, with a gaseous oof!

Wentworth was not hurt—he was barely jarred—but he was understandably scared. He lay there, atop his father, eyes tight shut, knowing that this was the end. He had been so happy, bothering nobody, up there in his home and he had been driven out and had plunged to destruction and now there would never be another happy moment, or any moment at all, in his young life. Wentworth began to weep, quietly and bitterly.

"Hi! I'm Jim and I'll be your waiter for this evening. And this is Curt, who gets upset when I get stiffed on tips."

"I say, old boy," came a muffled voice from beneath him, "please get up."

Wentworth wept louder. It was The Major's voice and he and his father had had many a good time together, even if The Major was sort of a dope, and now that was all over and done with.

Wentworth opened his eyes and saw that mamma was coming down a nearby tree with that well-known look in her eye. He relaxed his hold on his father and stepped off The Major's pancaked form onto the dear, solid ground.

When mamma had caromed off her husband and Wentworth, she had sailed directly into a clump of branches below and had clung there, watching the astral display in her head, until she realized what had happened. She had followed her mate and her offspring in their stuttered descent to the ground, and when they had landed she had heard The Major go oof and had told herself that for once in her life she was glad that her husband was a windbag; not a particularly kind first thought. Then she had headed below to speak her mind.

While The Major listened groggily, mamma told him what she thought of a father who'd risk his child's life and limb by playing games with the dear boy in a treetop on the child's first day out of the nursery. Then she told Wentworth what she thought of a knucklehead who'd try to choke his father to death while the dear man was doing his feeble best to teach him his first steps. Then she wondered aloud about what she must have done to be burdened with both a worthless husband with a phony British accent and a nitwit son. Then she burst into tears.

It took some murmured soothing on The Major's part and Wentworth's crawling into her lap to make mamma dry her tears and return to her normal, acidulous self.

"Now," she told Wentworth, "you can just climb back up the nest and go to bed without your supper. And as for you, you poor man's guardsman, you can——"

"Did you say climb back up?" Wentworth interrupted.

"Of course," mamma said irritably. "And you'd better hyper before I forget myself."

"Mamma," he said, in a small voice, "I can't climb up there. I couldn't climb the height of your head without getting dizzy. As far as climbing 38½ million miles——"

"You get up that tree!" mamma said, in a terrible voice.

"Honest, mamma," he said plaintively, "I can't. Up is too high."

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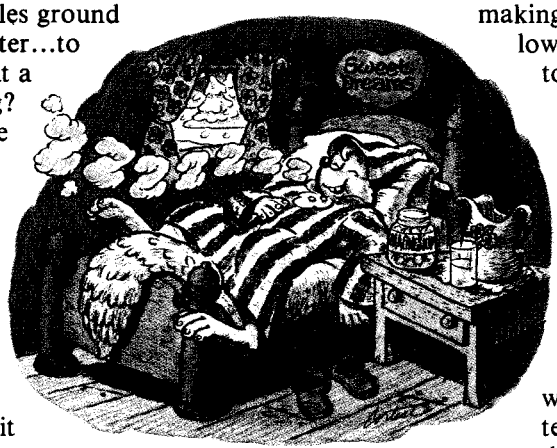
THE CASE FOR MAGNESIUM

In Copenhagen, researchers found that heart attack victims given magnesium chloride had fewer deaths than victims given placebos. In Pretoria, magnesium chloride was shown to promote sleep.

by Bill Still

Did you ever wonder what enables ground squirrels to hibernate all winter...to sleep for snowy weeks, or months at a time, and then wake up in the spring? According to a study done at the University of California, magnesium might be the answer. Nuts eaten by squirrels in the fall are especially high in magnesium, so when the squirrels first go into hibernation, their magnesium levels are very high. Over the course of the winter, however, the scientists found that the magnesium is slowly used up, and they theorized that when it gets low enough, the squirrels wake up.



Squirrels eat magnesium-rich nuts in the fall and begin hibernation with high magnesium levels; they awaken when levels are low.

What can we learn from these furry little critters? First of all, the calming effects of magnesium just might be a natural way for humans to get a good night's rest. But in addition to helping you get to sleep, medical researchers are rapidly discovering other amazing qualities of this once-overlooked mineral, and they now suspect that it may play a role in helping to relieve stress, high blood pressure, muscle cramps and spasms, fatigue, restlessness, irritability, depression, apathy, tremors, migraine headaches in pregnant women, adolescent asthma, severe tetanus, and heart disease.

About 20 years ago, a South African pharmacist named Allister Warren underwent a sudden personality change. He became tired and depressed—up one moment, down the next—and suffered from severe migraine headaches. "I started putting on weight," he says. "I became forgetful and irritable. I was a real pain in the neck to be around."

Warren visited doctor after doctor and eventually found a physician who believed his problem was caused by a magnesium deficiency. He began drinking a foul-tasting magnesium mixture the physician prescribed. "Immediately, I began to feel a difference," he says. "I could sleep normally again. My memory improved, as did my temperament. It's so exciting to me that such a simple little mineral could make the difference."

The magnesium therapy was helping, but it was also making Warren nauseated when he swallowed the bad-tasting liquid. His doctor, knowing Warren was a pharmacist, suggested he try to develop a magnesium-chloride tablet, in the belief that it was the most easily absorbable form of the mineral. After about 2½ years of work, Warren was finally able to develop tablets of magnesium chloride and a coating that allowed them to pass undissolved through the stomach and into the intestine, where this form of magnesium is better absorbed. Now he takes two of these tablets every morning, and four at night before he goes to bed. Because each tablet contains 64 mg of elemental magnesium, Warren gets supplements totaling 384 mg per day, just slightly more than the U.S. Recommended Daily Allowance of 350 mg for men.

The product Warren developed, called "Slow-Mag," has been on the market in South Africa for eight years and has recently become available in the United States.

Calcium/Magnesium: Reciprocal Relationship

Strangely enough, calcium and magnesium enjoy a reciprocal relationship in the muscles. Calcium stimulates the muscles to contract. Magnesium allows the muscles to loosen up and relax. When our bodies are low in calcium, we can borrow from the vast reserves in our bones. However, when the body gets low on magnesium, we must obtain it from our muscles.

As magnesium disappears from the muscles, calcium rushes in. The resulting tendency is for the muscles to tighten up and become tense. Many researchers now believe that this lack of magnesium may cause vein and artery walls to contract, causing high blood pressure, heart attacks, and strokes.

Broad Population Studies

In the 1960s researchers began finding interesting general trends among huge populations (known as an epidemiological study). Researchers in Finland found that the rate of coronary heart disease was significantly higher in eastern Finland, where soil magnesium levels were low, than in western Finland, where soil magnesium levels are higher.

Other researchers found that gastric cancer was more prevalent in areas where the drinking water was low in magnesium. Others found a definite relationship between

Editor's note: In the April issue, our first in a series on minerals, we listed reasons most women and many men don't get enough calcium in today's all-American diet. It also appears that our diets may likewise be deficient in magnesium. Though calcium is especially lacking in pregnant, lactating, and postmenopausal women, it's interesting to note that researchers find the magnesium deficiency more prevalent in men.

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heart-disease death rates and the "hardness" of drinking water. The more "hard" water a population drank, the lower the risk of developing heart disease. The "softer" the water, the higher the risk.

"Hard," untreated spring water contains high levels of minerals, including magnesium. Water "softeners" remove these minerals and deprive humans of an important source of magnesium.

Natural Sleep Aid

Getting enough magnesium may be particularly important to the estimated 40 million Americans who have chronic insomnia.

In a clinical trial in 1976 at the University of Pretoria, South Africa, researchers found they could induce sleep by administering Allister Warren's newly formulated magnesium-chloride tablets to adult patients. Of 200 patients, sleep was induced rapidly in all but one patient. After increasing the dose, this patient also fell soundly to sleep. And remarkably, the next day 96 percent of the patients reported increased alertness during the day.

When an additional small dosage of magnesium was administered to the patients the morning after, anxiety and tension were replaced by a feeling of well-being. In addition, by taking magnesium supplements throughout the day, all those patients taking sleeping tablets before the study were eventually able to go without them, even in patients who had been dependent on them for as long as two years.

And the best news was that there were no side effects found with the long-term use of magnesium chloride. Interestingly enough, although the amount of sleep the test patients needed decreased, their ability to awaken at an unusual sound was not impaired, as it usually is when sleep is drug induced. In addition, once awakened, patients had no trouble getting back to sleep.

Magnesium Chloride for Heart Attacks

According to Dr.Warren Wacker, M.D., director of University Health Services at Harvard University, people who have had a heart attack or acute coronary insufficiencies have been found to have low serum-magnesium concentrations. Other researchers have found that the heart muscles of deceased cardiac victims have lower levels of magnesium than other muscles in their bodies. But does this mean that magnesium supplements may keep heart attacks away? The answers are not yet in, but here is what we do know:

A paper in the February 1, 1986, issue of the British journal *Lancet* told of a double-blind study at the University of Copenhagen, Denmark, in which suspected heart-attack victims were given injections of magnesium chloride or a placebo. Patients with suspected heart attacks were randomized, to receive either magnesium intravenously or a placebo immediately on admission to the hospital. Of the 130 patients with proven heart attacks, 56 received magnesium and 74 received placebos. During the first four weeks after treatment the death rate was 7 percent in the group

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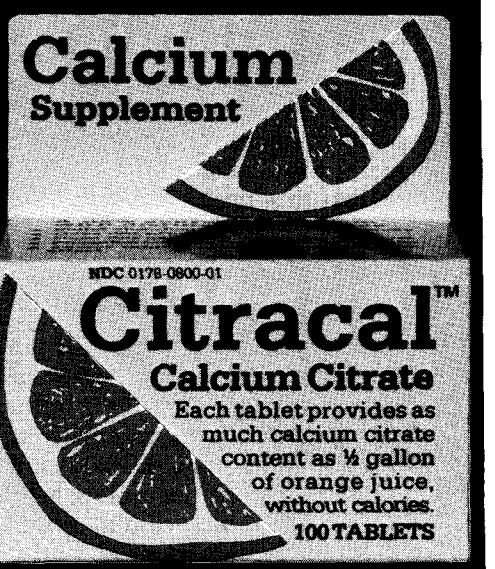

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receiving the magnesium-chloride injections and 19 percent in the placebo group.

In the magnesium group, 21 percent of the patients had arrhythmias that needed treatment, compared with 47 percent in the placebo group. No adverse effects of intravenous magnesium were observed, said the *Lancet* report.

The Danish authors said, "Our findings suggest that patients with suspected acute myocardial infarctions [heart attacks] should be treated with intravenous infusions of magnesium immediately after admission to the hospital, to counteract postinfarctional hypomagnesemia [low magnesium in the blood]. The treatment is cheap and easy to administer, and appears to be without serious side effects."

Dr. Sherman Bloom, of George Washington University in Washington, D.C., found that dogs on a low-magnesium diet suffered twice as much heart-muscle damage from a simulated heart attack as dogs with adequate magnesium in their diets.

"We kept dogs on a magnesium-deficient diet for three months, and even then, they were scarcely deficient, because dogs are very resistant to magnesium deficiency. They looked quite normal to the average person, but their circulatory systems were abnormal," Dr. Bloom told the *Post*. "The magnesium-deficient dogs had higher heart rates than control animals. When we caused both the deficient group and a control group of animals to have heart attacks, we found that the animals that were magnesium deficient had twice as much damage to their heart muscle than did the controls."

Dr. Bloom told of another study currently under way in Finland, where the heart-attack death rate is very high. About four years ago, the Finnish government began a nationwide study, in which the country was divided into zones. In some zones, regular table salt was used by patients; in the other zones, magnesium chloride and potassium chloride were mixed in with the regular salt. The goal of the study was to see if heart-attack death rates were lowered significantly by the addition of the two minerals to regular salt.

Dr. Bloom said: "The study has not been completed, and I'm not sure it will be completed, because after four years of the five-year study, they took a preliminary look at their data and found some striking initial results. Two things happened: The average blood pressure went down, and the heart-attack death rate decreased by 25 percent—and that is an enormous decrease. I spoke to one of the researchers last summer at a conference, and at that time he felt that they might just cancel the study and put magnesium and potassium in all the salt, because the results were so significant."

Arrhythmias

A 13-year-old diabetic girl was being treated in a hospital for a condition known as severe diabetic ketoacidosis, as reported in 1977 in the *British Medical Journal*. The patient was apparently stable, but suddenly her heart stopped beating. Luckily, nearby doctors were quickly able to restart the child's heart. Soon thereafter her heart went into tachycardia, or very fast beating, and then it stopped beating again.

The doctors were again able to restart the girl's heart and immediately began an intravenous infusion of magnesium that lasted for the next six hours. Gradually, her heart began alternating between tachycardia and normal beating; after four hours of the magnesium, treatment returned to normal. "This girl's heart returned to normal in a matter of hours when treated only with magnesium," Dr. Wacker told the *Post*.

Dr. Bloom's work with dogs also showed a higher level of irregular heartbeats, or arrhythmias, in the magnesium-deficient animals. "We found that the magnesium-deficient dogs not only had more heart-attack damage, but they were also much more likely to develop arrhythmias," he said.

"In the early stages of a heart attack, death is frequently due to arrhythmia," Dr. Bloom said. "Therefore, the implication of our work is that maybe if we gave magnesium to people at the time of a heart attack, we might help protect them against arrhythmias and consequently save some lives. That's making a big step in logic, but a new study from Israel seems to confirm this theory." He said, "The Israeli researchers found that in a significant number of patients, the only way they could stop one particular serious form of arrhythmia was with injected or oral magnesium."

Blood Pressure

Researchers have found that diuretics, the widely prescribed cornerstone of medications for high blood pressure may cause the loss of just as much magnesium from the body as potassium. Potassium supplements have been prescribed for years to replace what diuretics caused to be lost, but only recently have researchers considered magnesium loss to be a problem.

"Patients with low serum magnesium, regardless of the level of potassium, required a greater number of antihypertensive drugs for the same degree of control of their blood pressure than patients with normal magnesium levels," proclaimed a 1982 study. Another study concluded that a magnesium deficiency has "emerged as perhaps the principal undesirable effect of these drugs because it is associated with an increased incidence of cardiac arrhythmias, sudden death, and myocardial infarction."

Other researchers have found that the addition of magnesium to the regimen of hypertensives reduced both the systolic and the diastolic blood pressures in patients by an additional 12 mm and 8 mm, respectively, in patients who were already taking diuretics.

Dr. Burton Altura, of the State University of New York Downstate Medical Center, in Brooklyn, thinks he knows why magnesium seems to lower blood pressure. He believes that when magnesium levels are low, calcium gets the upper hand in the calcium-magnesium balance, constricts the blood vessels, and causes the pressure to rise. To prove his theory, he fed rats a magnesium-deficient diet for 12 weeks. He found that the less magnesium the animal had, the smaller the interior of the fine branches of their veins and arteries was, and the higher their blood pressure was.

Stress

French researchers have found that low levels of magnesium may aggravate emotional stress, which tends to further lower magnesium levels. The study revealed that the most "stressed-out" people—the ones who needed magnesium the most to help keep them calm—were losing it fastest. The loss resulted in a vicious magnesium-stress cycle. The more stress there is, the more magnesium excreted by the body. The less magnesium in the body, the more the body reacts to stress.

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Angina and Coronary Spasms

Low magnesium levels can also cause blood vessels in the heart and the brain to spasm, which reduces or cuts off the flow of vital blood. What does this mean for angina sufferers? It means that magnesium supplements might help. Many researchers now believe these coronary spasms cause many, if not most, incidences of angina; now there is convincing evidence that a magnesium deficiency may at least be one of the causes.

Dr. Altura conducted an experiment using the coronary vessels taken from dogs. The vessels were first exposed to magnesium solutions of varying concentrations. He found that the higher the concentration of magnesium in the solution, the less tension there was in the arteries. When the magnesium was rapidly withdrawn from the solution, "rapid, increased tension [developed] in all coronary vessels tested," he said. "These data support the hypothesis that magnesium deficiency produces coronary arterial spasm, [and is] associated with sudden-death ischemic heart disease."

A 1984 Israeli study took it one step further. In actual clinical trials on human patients, researchers found that injections of magnesium totally stopped angina in all cases tested, within 30 seconds to 2 minutes following the injection. Usually these patients' attacks had lasted from 5 to 15 minutes.

Atherosclerosis

Adequate levels of magnesium may do more than just prevent blood-vessel spasms. A French study has found that magnesium deficiency results in calcium deposits in the blood vessels. "Magnesium deficiency could therefore contribute to accumulation of vascular lipids [atherosclerosis]," they theorized.

Strokes

Researchers now think that supplemental magnesium in the diet might just be an inexpensive insurance policy against strokes. They have found that an acute deficiency of magnesium can cause the cerebral blood vessels to spasm, and the lower the magnesium levels, the greater the magnitude of cerebral artery contraction.

Conversely, magnesium-sulfate infusions seem to alleviate these spasms, and it has been suggested that eating fruits and vegetables —which are high in potassium and magnesium, and low in sodium— lessens the risk of strokes.

Magnesium in Pregnancy

Researchers have found magnesium to be very useful in a variety of ways during pregnancy. The injection of magnesium sulfate has long been an important treatment of the deadly late-pregnancy conditions eclampsia and pre-eclampsia.

Eclampsia can strike as a mother nears the end of pregnancy, or just after delivery. She can go into convulsions and fall into a coma frequently fatal to both mother and child. Magnesium sulfate has been used as an anticonvulsant since the early 1900s. The administration of large doses of magnesium sulfate can virtually eliminate the danger of mother and infant mortality, and has been the treatment of choice for many years.

Pre-eclampsia is a less serious condition characterized by high blood pressure and other symptoms that, if checked, will not progress to the more serious eclampsia. In 1984, one group of researchers found that daily magnesium aspartate supplements eliminated pre-eclampsia.

In addition, high doses of magnesium sulfate have also been used successfully in arresting labor if there is a risk of premature birth. Magnesium supplements can also, in many cases, put an end to the nocturnal calf cramps of pregnant women. In fact, the German researchers H.G. Classen and J. Helbig said that in animal experiments "all reproductive processes were negatively influenced by a magnesium deficiency, while the rate of abortions in early and late pregnancy, as well as [the incidence of] premature births, decreased in pregnant women after administration of magnesium."

Migraines

A registered nurse in Tennessee had suffered painful migraine attacks daily for the past five years. She had tried all forms of medication, yet none were effective. Then she heard about an experimental research program at East Tennessee State University using magnesium therapy and decided to give it a try. After the first day of low-dose magnesium therapy, her headaches stopped; in the next six months of continuing therapy, she had only two migraine attacks.

This new research program is being carried on by Kenneth Weaver, M.D., an associate professor of obstetrics/gynecology at East Tennessee State; "Commonly available magnesium supplements can be dramatically effective in helping to reduce and even prevent migraine headaches, especially in women," Dr. Weaver told the *Post*.

Dr. Weaver made his discovery accidentally when he found that many of his pregnant patients had low magnesium levels. He started giving them 100 mg of magnesium once a day and found that 70 percent soon stopped having migraine attacks. (In a subsequent study, Dr. Weaver's doubling the dose brought only an additional 10 percent improvement.)

"These patients got relief very quickly. . .in as little as ten minutes to as long as in a few days," he said. "Pregnant women have a tremendous demand for magnesium from the developing fetus in the womb. For example, it has been

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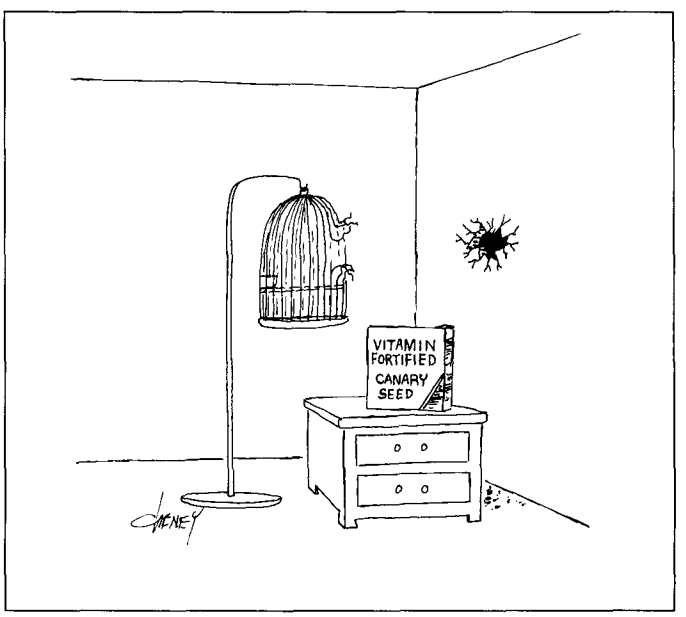

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MEMO ON KATHY O'ROURKE

The frantic studio people couldn't suspect that their own publicist held the solution to the case of the kidnapped child star.

by Jack Sher

Synopsis ***Kathy O'Rourke was a pampered, precocious seven-year-old movie star, living every child's fantasy—a pig-tailed "property" surrounded by adoring and respectful adults. But when the poor little rich girl finally got the chance to sit down and talk to an adult with no financial stake in her career, the truth began to spill out. "I'm glad you're not important," she told her confidant, a much-traveled Hollywood PR man named Harry Johnson. "I guess I'm very sick of everybody who is so very important. . .I hate it when the director touches me. I hate to have to go everywhere with him and all the other people." Kathy and her new friend secretly kept in touch—and one day she persuaded him to meet her off the studio lot. After listening to the complete life story of "a kid eternally kept after school," Harry impulsively promised her that he would take care of everything. "She looked at me as though I could make it happen. All I had to do was think of a way that it could."***

Conclusion What do I usually do when I need a miracle?—I ask my wife. I know it was crazy, Irv, but I wheeled that car out of the parking lot and took Kathy home with me. The way it turned out, I'd have been safer with a basement full of atom bombs.

The kids were in bed when I got home. My wife is smart. She just looked at me quizzically, smiled at Kathy, and took her out to the kitchen and got her started on a glass of milk. My face must have told her a few things.

"Do you know the whole city is looking for that child?" she asked. She picked up the telephone.

"Wait," I said. "I think you should hear something."

She put down the phone. "All right," she said. "What is it, Harry?"

I told her the story of Kathy O'Rourke. I didn't sentimentalize it or dress it up. I just gave it to her the way Kathy gave it to me. Irv, you know Helen. You know how she loves kids. You should have seen her face while I talked. I expected her to cry, but she didn't. Women pick the damnedest times not to cry. Helen just kept getting angrier. I'd never seen her eyes the way they were then. It scared me. When I got through, I just looked at her helplessly and said, "Well, I guess you'd better make that call."

"Not tonight," she said fiercely. "I don't care if the whole world is looking for that child."

"What are we going to do with her?"

She didn't even hear the question. "Nobody but goons would treat a child that way," she said angrily. "You go up and wake the boys. Tell them the truth. Tell them all about her and how they should handle her. Do you think you can do that?"

I started up the stairs. The phone rang like a stab in the back. I picked it up gingerly. It was the head of our publicity department. He was choking with excitement.

"Kathy O'Rourke has been kidnapped!" he informed me. I was interested. It was also interesting to know that the entire Los Angeles police force, aided by most of the studio personnel, was combing the city for her. The boss told me to get a flashlight and get busy. I said I would.

I went upstairs to Johnny and Dave. They had heard the car come up the driveway and were still awake, trying hard to pretend they weren't. I told them what I had told their mother, softening it a little. Even so, Dave, who is 9½ now, had tears in his eyes. Johnny, being 11, is above sentiment.

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"O.K., dad," he said, "don't worry. Leave her to us."

You know our house is small, Irv. We don't have any extra rooms. I got that old army cot out of the basement, and the boys, Kathy, and I managed to get it set up in the kids' room.

I was really proud of my boys that night, Irv. I wish I could be that kind of a host. They took her in so good and easy. There was no condescension, or awe, or prying, or embarrassment. It was as though she were a sister, someone who had been away for a long time and had come home at last.

Helen and I left them alone. Johnny was explaining to Kathy and Davie the intricacies of the B-24, one of the model planes he had under construction.

Before we closed the door, Helen said to them, "Now don't you kids stay up too late."

"No, mother," the boys said in unison.

Kathy just looked at Helen and said, "No, Mrs. Johnson."

When we got into bed, we could hear the kids still talking. It went on for some time, and then suddenly I heard muffled laughter. Kathy was laughing. With those notes in my ears, I went to sleep. I slept fine.

When we woke up, the kids were still asleep. It was Saturday. You probably won't forget that day, Irv. I never shall.

Helen and I had breakfast in the kitchen. We had to decide what to do with the million-dollar property under our leaky roof.

"I'll have to take her back," I said. "I'll say I found her someplace."

"Not today, Harry," Helen said. "Even a child deserves one full day to call her own."

Could you argue against that? I couldn't. If I swung as a kidnaper, I couldn't. Whistling spookily, I went off to work.

You have an idea, from other reports, what had been going on at the studio. Several million dollars had been lost; height about 4'1", weight about 55 pounds. A production amounting to some $900,000 was being held up. The studio was screaming. The newspaper headlines were screaming. The radio was screeching and screaming. Old J. B., the studio head, was upping the reward money every hour on the hour. The entire lot was in chaos.

Bee had wept, publicly, several times that morning. His tears made a great human-interest story. He could cry. I couldn't. The aunt was having fits, but not so publicly. Maybe she had forgotten how to cry. She never had been much of an actress. But, Irv, the terrible thing was that not one single person who knew Kathy cried for *her*. Their tears splashed in the form of dollar signs.

Right after I got to the studio, they sent me out chasing down leads. Little girls, reported to be Kathy, were being seen everywhere. The studio kept me chasing until nine that night. None of them were very hot tips. Helen had my supper in the oven when I got home. She was happy and cheerful, as though we had a girl named Sally Nobody on our hands. The kids were upstairs playing.

"They've been out in the yard all day long," Helen said, "having a great time. The boys are crazy about her."

"Outside!" I said. "You must be mad!"

"Go have a look at her," Helen smiled.

I went and had my look. Any resemblance to Kathy O'Rourke was strictly male. She was wearing Dave's knickers and stockings and shoes. And his lumberjack shirt. Her hair would have caused envy in a Princeton lad. It had been crew cut. Her face looked different. It was dirty and happy.

"Oh, Mr. Johnson!" she said, running to me. "I'm having the most greatest time!"

"Hey," Johnny grinned, "your grammar stinks, toots."

"That's no language to use," I said. . . . "Who did this to you, Kathy?"

"It was my idea," Dave said. "Now nobody will find her. She looks like a guy now."

Kathy pulled the famous pigtails out of one of Dave's pockets. "I never liked them anyway," she said.

Those pigtails, as a trademark, were worth about a hundred thousand apiece. More than that when you figure we had her slated for a picture in March, one in which she was supposed to have them. My son had probably been the world's costliest barber. Irv, I laughed like hell. Old J.B. should have seen me laughing. I'd never had worked in this town again.

Kathy stayed a week. The days began to wear me down. You know how the hunt kept mounting in fury. It was getting too big for me. I had to do something.

Sunday night we had a conference. Helen explained to Kathy and the boys what trouble the old man would have on his hands if Kathy were

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found here. Kathy took it pretty well.

"Heck," Johnny said, "they can't make her work in the movies if she doesn't want to. Can they, dad?"

"No," I said. "Not technically."

"I wouldn't mind working," Kathy said, "if I could stay here."

"Maybe you can, darling," my wife said. "Maybe not all the time, but several times a week."

Now that was something! "How can she do that?" I asked.

"Kathy," my wife said, "can you keep a secret?"

"That she can," I said quickly.

"Now, listen carefully," Helen said to her. "You must never tell anyone where you've been this week. Never. Nobody."

"I'll never tell," Kathy promised solemnly.

"If people try to make you do anything you don't want to do, tell them you'll run away again and never come back."

That was a great thing to tell a kid, I thought. But I could see what Helen was driving at. She repeated it several times, so Kathy got it straight. She was never to tell anyone where she had been, no matter how much they questioned her. And she was to threaten to run away again, unless she were allowed to do what she wanted to do. I blew a kiss at my wife. I could see the weapon.

"Now," Helen went on, "you must pretend, at first, that you don't know Mr. Johnson very well. Then make friends with each other in front of people." Kathy smiled at me. "After a while, you can insist on being allowed to come here whenever you want to. They'll let you come, don't worry, darling."

It was some script. My wife is some director, Irv. Anyway, she gets my Academy Award. By the time she and the boys were through coaching Kathy, she not only had her lines down pat, she also knew all the motivations behind them. And, I've always said, as an actress the kid is good.

On Monday morning Helen dressed Kathy as she was when I had picked her up on a corner a week before. She didn't look the same, though—the hair, for one thing, and what was inside her.

We went out to my car and she crouched down in the seat and we drove away. I took her to a neighborhood near the studio. The plan was to let her off a few blocks from a big drugstore. She was to walk in there and announce herself.

As we came to a stop, Kathy looked up at me and smiled. I asked her how she was.

"Oh, I feel so good," she said. There was a glint of mischief in her eyes.

"Oh, stop complaining! You were lucky to get off with just a rap on the knuckles."

I bent down and kissed the fuzzy head. "See you on the set," I said.

Then she got out of the car, and I watched her walk up the street and disappear into the drugstore. I went home and ate a leisurely breakfast. I was more than an hour late to work, but nobody would have noticed that morning. The studio was wearing a smile. The office was a hubbub of chatter.

"Hey, Harry," the boss grinned when I came in the door, "the O'Rourke kid is back."

I looked startled and pleased. It was the beginning of my performance.

"Yeah," the boss went on, "she just walked into a drugstore and said she'd been lost for a week. How do you like that? And now she won't tell anyone where she's been. They've stopped grilling her. She told the aunt and Bee that unless they left her alone, she'd take another powder. What a brat, huh?"

"She sure is," I said. "I'm glad she's back, though."

I saw Kathy the next day on the set. I walked right past her and she never batted an eye. Nothing much happened until about midway through the morning. Then Bee went over to her little canvas-backed chair, patted her head, and picked her up. I went cold inside, like a kid who has just had a chip knocked off his shoulder.

Kathy looked right into his eyes and said, "Put me down. Right now, put me down."

The way she said it, there was nothing for him to do but put her down. His face flushed angrily. Kathy was cool and composed. It reminded me of Helen—the way she always is in a crisis.

"Please," she said firmly, "I don't want you to pick me up again, ever. And I don't want you to touch me."

The set was suddenly as quiet as it gets before a take. Bee looked as though someone had stolen all his clothes.

"Here, here," he said. "What kind of temperament is this?"

"I don't like you," Kathy said. "Please leave me alone."

With that, she turned her back on Bee and marched off to her dressing room. Someone giggled nervously. Extras moved around aimlessly, as though they were playing a crowd scene. The color of Bee's face was brilliantly cerise, and he glared at the aunt, who was staring at him helplessly.

Then everyone began talking at once, smiles were hidden or smothered, and the set got back to some semblance of normalcy.

Before Kathy went home that night, she drifted over to where I was standing, talking to Lee Glarm, the cameraman.

"Hello," she said to both of us. Then to me, "I'm sorry, but I forgot your name."

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First Issue in the *Little House on the Prairie* Plate Collection

The endearing stories of the Ingalls family have captivated the hearts of millions. First came the books by Laura Ingalls Wilder, remembering the adventures of her childhood, followed by the popular television stories inspired by these classics.

Now you can share the close-knit relationship of this famous family with your loved ones every day. The Hamilton Collection proudly presents a vibrant collector plate that portrays the Ingalls at a special event: the "Founder's Day Picnic." As you display this charming family portrait in your home, you can recall the beloved tales of the Ingalls through the enduring medium of fine porcelain.

Gifted American artist Eugene Christopherson has beautifully captured the likenesses of the Ingalls family in an original plate painting for this strictly limited edition. As they gather together with other Walnut Grove citizens to celebrate their town's founding, children romp and play in front of Olesons Mercantile, decorated with a bright banner and American flags.

This festive plate is bound to generate immediate demand because experienced collectors know that plates inspired by beloved entertainment themes often sell out and later experience price appreciation. So you are advised to order "Founder's Day Picnic" immediately.

"Founder's Day Picnic" is the first issue in a series of eight plates portraying the Ingalls family in beloved *Little House on the Prairie* episodes. As an original issue owner, you will have the right to acquire all the plates in the collection as they are issued—*without committing to any further plates now.*

Furthermore, you are guaranteed the right to return any plate within 30 days of receipt for a full refund, releasing your series rights to another collector.

Each issue in the *Little House on the Prairie* Plate Collection will be priced at just $29.50 and will be strictly limited to an edition of just 10 firing days. To preserve the integrity of the edition, each plate will be numbered by hand and will be accompanied by a Certificate of Authenticity, numbered to match the plate.

Considering the popularity of *Little House on the Prairie,* a prompt sell-out of "Founder's Day Picnic" could likely occur. Thus, we cannot guarantee consideration of your application if postmarked after the date shown. To avoid disappointment, order *today.*

Ed Friendly Productions, Inc. ©1982.

Note: This is a new edition of a previous plate collection that has been closed.

Respond By:

June 30, 1986

Limit: Two plates per collector

Please accept my application for "Founder's Day Picnic," first issue in the *Little House on the Prairie* Plate Collection. 9¼" diameter; 24K gold rim, hand numbered. I understand I am under no obligation to buy any other plate.

Yes, I wish to purchase _____ (1 or 2) "Founder's Day Picnic" plate(s) at $29.50 each (plus $2.14 postage and handling) for a total of $_____. ($31.64 or $63.28*)

Please check one:

☐ I enclose full payment by check or money order.

☐ Charge my credit card: ☐ Visa ☐ MasterCard ☐ American Express ☐ Diners Club Exp. Date _____

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Signature _____

82842

Name _____

Address _____

City _____

State _____ Zip _____

*Florida residents please add $1.59 per plate, sales tax. Illinois residents add $2.22 per plate.

Please allow 6–8 weeks for delivery. All applications must be signed and are subject to acceptance. Deliveries made only to U.S. and its territories.

The Hamilton Collection

9550 Regency Square Blvd., P.O. Box 44051, Jacksonville, FL 32231

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Courage

continued from page 34

Administration and of the FBI have crumbled in the face of constant temptation by the people they're chasing—fixers and illegal-influence peddlers. None of this, of course, touches on the international targets that must continually be confronted.

So this war with many fronts must be waged. I am not one to turn to the government every time a problem arises, but because we are dealing with a national-security matter, federal forces should properly lead the way. The private sector must follow, and not with tokenism. Families, churches, small businesses, big businesses, corporate giants, foundations, philanthropists, everyone—we must go all-out, just as we would in a war against another Hitler or any similar threat.

All of us could take a cue from a thoughtful, shy-looking man in New York City whom *Time* magazine labeled a "white-hatted gang buster in an age when the public yearns for someone to prove that crime doesn't pay." Rudolph Giuliani, the U.S. attorney for the Southern District of New York, says his goal is "to make the justice system a reality for the criminal."

In other words, he's out to get organized crime and public corruption. *Time*, in its report, gave him high marks in his mission: "Nearly three years into his four-year appointment by Ronald Reagan, he has done just that by snaring high-living mobsters, low-life drug dealers, quiet white-collar criminals, and loud banner headlines." *Time* compared Giuliani to Thomas Dewey and Henry Stimson, who both rose to national prominence with their assaults on crime.

Giuliani, an Italian-American himself, has hammered away at the Mafia as the centerpiece of organized crime. Furthermore, he has rejected the liberals' attempts to socialize responsibility for crime and to favor the rights of criminals over victims. Individuals are responsible, he says, and they must be punished.

If we as a people and as a nation refuse to adopt such an attitude—or to back it with action—we will lose this war. And that is intolerable.

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It's that time of year! Spruce up the home place inside and out, or take a trip before the summer chores begin. Select your needs and we'll send information your way.

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Free 80-page **Tennessee** Vacation Guide—to cities, attractions, historic sites, recreation, events, and activities. Circle **2**

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The Post Reader Service Center May/June 1986

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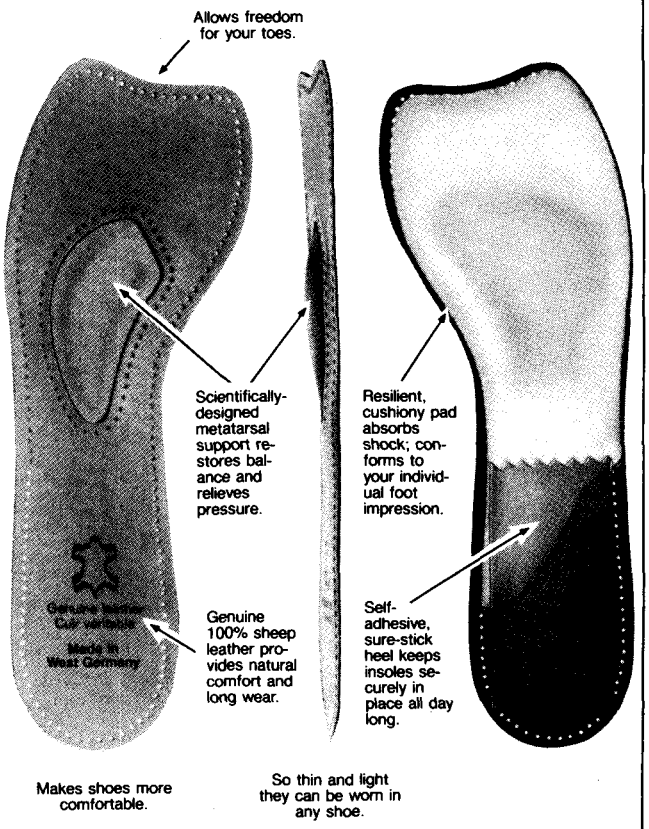
How a Stop in a German Shoe Store Ended a Lifetime of Foot Pain...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"We were in Germany on the very first day of our vacation but my feet were killing me already. I thought a pair of more comfortable shoes might help and I fell in love with a pair in a shoe store in Wiesbaden, Germany.

But when I tried them on, they hurt too. I explained my problem of sore aching feet to a friendly clerk and she pointed to a counter display and said, maybe I needed a pair of special Leather Insoles.

I took her advice and was I glad I did . . . the instant I slipped them into my shoes, my foot pain vanished! I've worn them ever since and my painful foot problems are a thing of the past."

* Over the last 15 years more than 8,000,000 pairs of these Leather Insoles have been sold in German shoe stores. They've relieved all types of foot problems for folks of all ages and if your feet are killing you, we urge you to try them.

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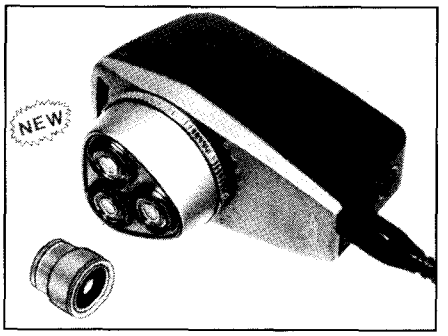

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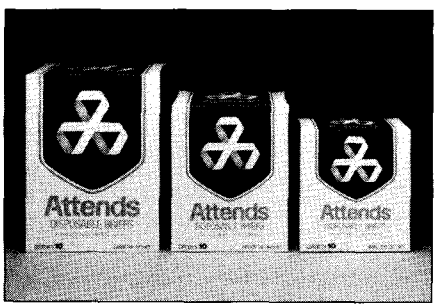

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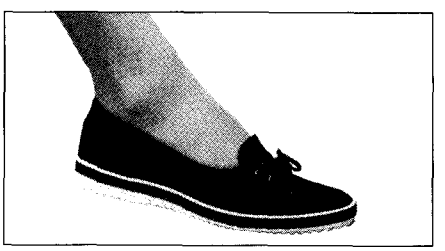

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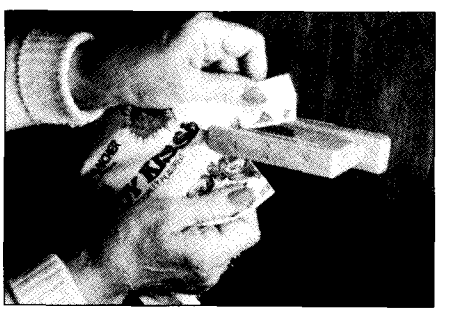

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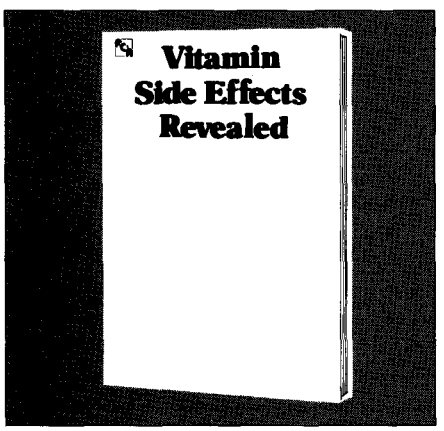

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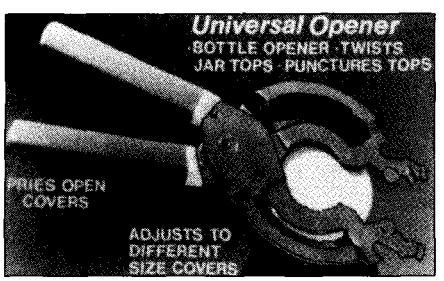

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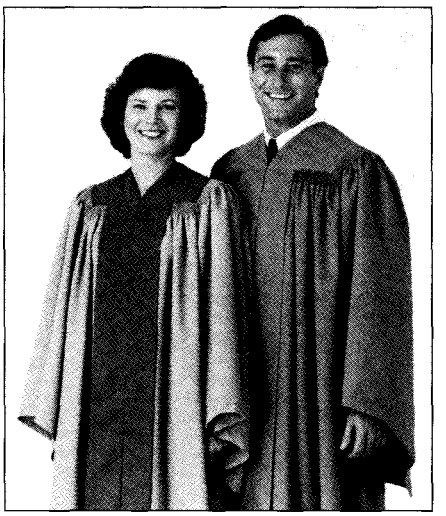

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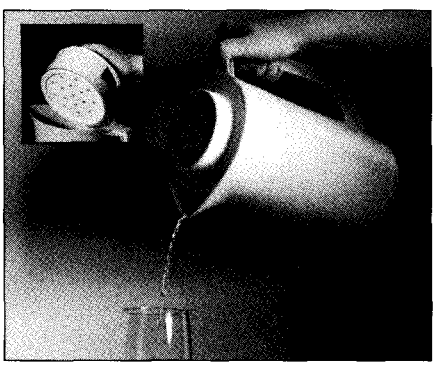

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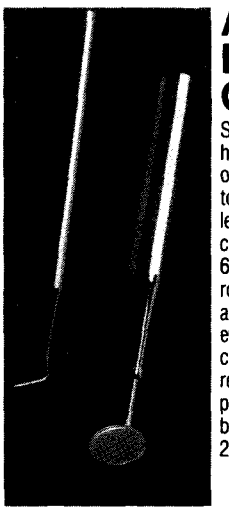

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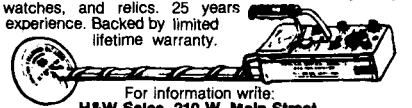

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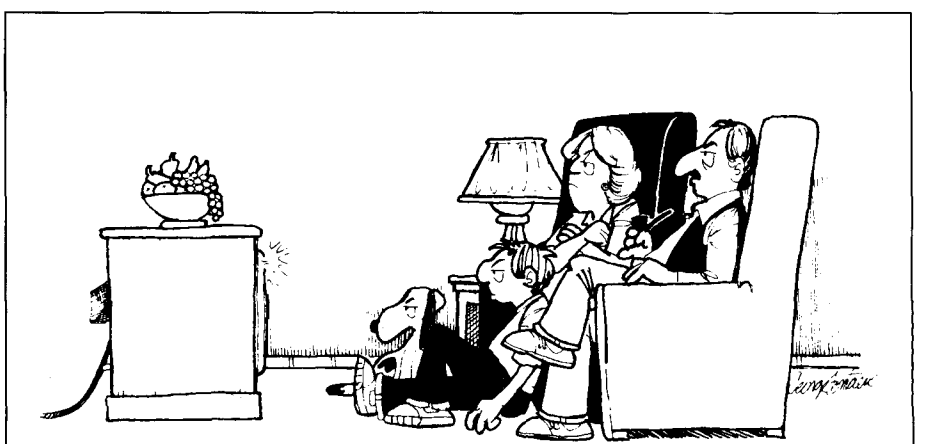

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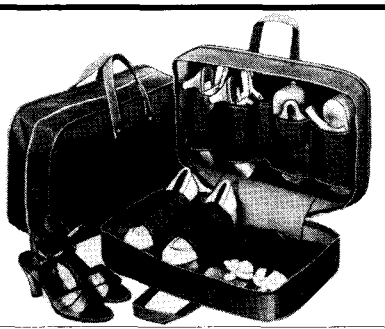

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Squirrel

continued from page 63

"Up is too high! I'll show you——"

"This is ridiculous," mamma said. "All squirrels climb. Even you climb, and heaven knows if you can climb, any squirrel can climb. That boy is going to climb if he breaks every bone in his body learning how."

"My dear lady," The Major said, "I know you're upset and all that and don't mean what you say. But have you considered the possibility that if you do force the lad to climb, and he falls, as seems a certainty, you very possibly might break every bone in his body?"

"I—" mamma began, and stopped. She looked at Wentworth, huddled miserably where he had fallen. Now, at heart mamma was not the martinet she might seem. She was short-tempered, certainly, but that was because The Major, who she had thought was such a catch when she landed him, had turned out to possess a charming manner and not much else, and through the years her unending labor to support him in the manner he assumed he was accustomed to, plus the strain of raising Wentworth and his predecessors, had sharpened her tongue. But she had a deep love for her son and a certain exasperated regard for The Major, and when she realized the truth of what her husband had just told her, her anger turned into a bewildered apprehension.

"But all squirrels——" she began, again.

"Ah," The Major said, "but you haven't taken the phobia into account."

"Phobia?"

"Fear of falling," The Major explained. "Quite rare, I believe, but it seems our son has it."

"I sure have," Wentworth piped. "Whatever it is, I got it bad."

"Well, you can't stay here," mamma said. "It won't be long till dark, and if you stay here you'll be the target for tonight of every owl, weasel, skunk, or whatever that happens along."

"No," The Major agreed, "Wenty can't stay here. Let me think." He screwed his forehead into a deep frown for several minutes and then beamed at his wife. "Can't think of a thing," he said, cheerfully. "Absolute blank."

"Naturally," mamma said bitingly. "Well, I have an idea. Wentworth, you can ride your father piggyback, up to the house, and——"

"Never!" The Major cried in a stricken voice. "After what just happened? Have you no heart, woman?"

"Then I'll carry him up," mamma said witheringly. "You just close your eyes and hold tight, Wentworth, and mamma will take you back home. And she won't play funny man on the way up, either."

"Oops! It looks like we ran out of time. But we'll pick up where we left off tomorrow..."

Wentworth, shivering, climbed aboard and shut his eyes. Mamma made the trip up slowly, carefully, with The Major beside her, chirruping encouragement to his wife and his son. Wentworth did not open his eyes on this trip; the promise of a vision of everlasting beauty would not have made him flicker a lid, and the journey was made without incident, except for the surprised squawk of a passing bluejay. It was not until Wentworth was deposited on the floor of his home that he looked about him and found himself safe.

"Never," he said fervently, "again."

• • •

But there was an again, and another again, and another, before The Major happened across his bright idea. Mamma, and The Major, too, realizing that a growing squirrel couldn't just sit in the house all day, getting fat and listless for lack of exercise, prodded Wentworth into going outside, day after day. And each time Wentworth got to the front door and looked down, he went "Eeyow!" and began reeling.

Mamma and The Major were always at his side, and when Wentworth started to go into his spin, one or the other would grab him by the handiest part and keep him from falling. There were some narrow escapes, notably the time Wentworth dangled over space for several minutes while The Major clung to an ear, and another time when mamma relaxed her grip on her son to scold him for all this foolishness and had to scramble to grab Wentworth as he went over the edge with a wild, despairing shriek.

Eventually, mamma was convinced that her son was not faking this phobia to keep from going out into the world on his own. No squirrel, she realized, would take a 38½ foot fall just to evade the chore of helping gather nuts.

Then The Major bounced in one day with his bright idea. "I say," he began, "I think I have it! It's simply that Wenty won't look down."

"Wentworth won't what?" mamma asked.

"Simple, really," The Major bubbled on. "Thought struck me like a flash. Should've hit on it ages ago. Y'see, the boy simply can't stand heights; right? Gets all dippy-oh when he looks lower than his feet. So he doesn't look down at all. Just keeps on looking up."

"Fine," mamma said heavily, "but what happens when he gets to the top of whatever he's on?"

"Nothing like a try at it," The Major said. "Wenty!"

Wentworth was leery about the whole idea, but truth to tell, he was getting tired of being cooped up in that house all day long. He was not proud of his failing; he had seen other squirrels scrambling around the neighborhood without the slightest indication that they cared they were millions of miles above the ground, and he longed to join them. There was a pretty girl squirrel who had passed several times and who had paused once to ask why Wentworth

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wasn't out with the gang. Wentworth had explained that he had a bad cold and was being kept in, but the girl had looked skeptical. Immediately after that meeting, the boy had voluntarily gone to the door and started out on the old, familiar practice limb. He had taken one step before he had looked down, and he had made it back to the nest just in time.

So, albeit reluctantly and with inner quakings, he went along with The Major's bright idea. He suffered himself to be led to the front porch, he took a firm grasp of the bark, and he began to inch his way down, step by step. He made the first five feet with his eyes closed; then he opened them and looked up.

It was easy. As long as he didn't forget and turn to see where he was going, he was fine.

The problem was solved, and The Major strutted around in such insufferable self-congratulation that mamma threatened to tell everybody just how much his title of Major was worth, a threat that always subdued her husband. Wentworth made four or five trips a day to the ground and back, and as he practiced he picked up speed and the urge to look down disappeared entirely. He made friends with the gang and began going steady with the pretty little thing that had first attracted his eye. Life was happy, once again.

It came time for him to build his own home, and he chose a site far below the suburbs of the main community, just high enough above the ground to satisfy the conventions and no higher. The fact that this nest was as safe as the highest and much more convenient made no impression on the other squirrels, and least of all on mamma. She sniffed and called it a rabbit burrow with an uplift. Wentworth didn't care; his beloved ground was a scant 12 feet below and backing down to earth was a matter of seconds now. He started thinking about getting married.

He had that thought in his mind that early morning when he backed down for breakfast, instinctively keeping his eyes fixed on the upper regions. The little girl squirrel had been hinting around lately that time was a-wasting and she seemed to have no objections to living that far down from everybody and——

continued on page 94

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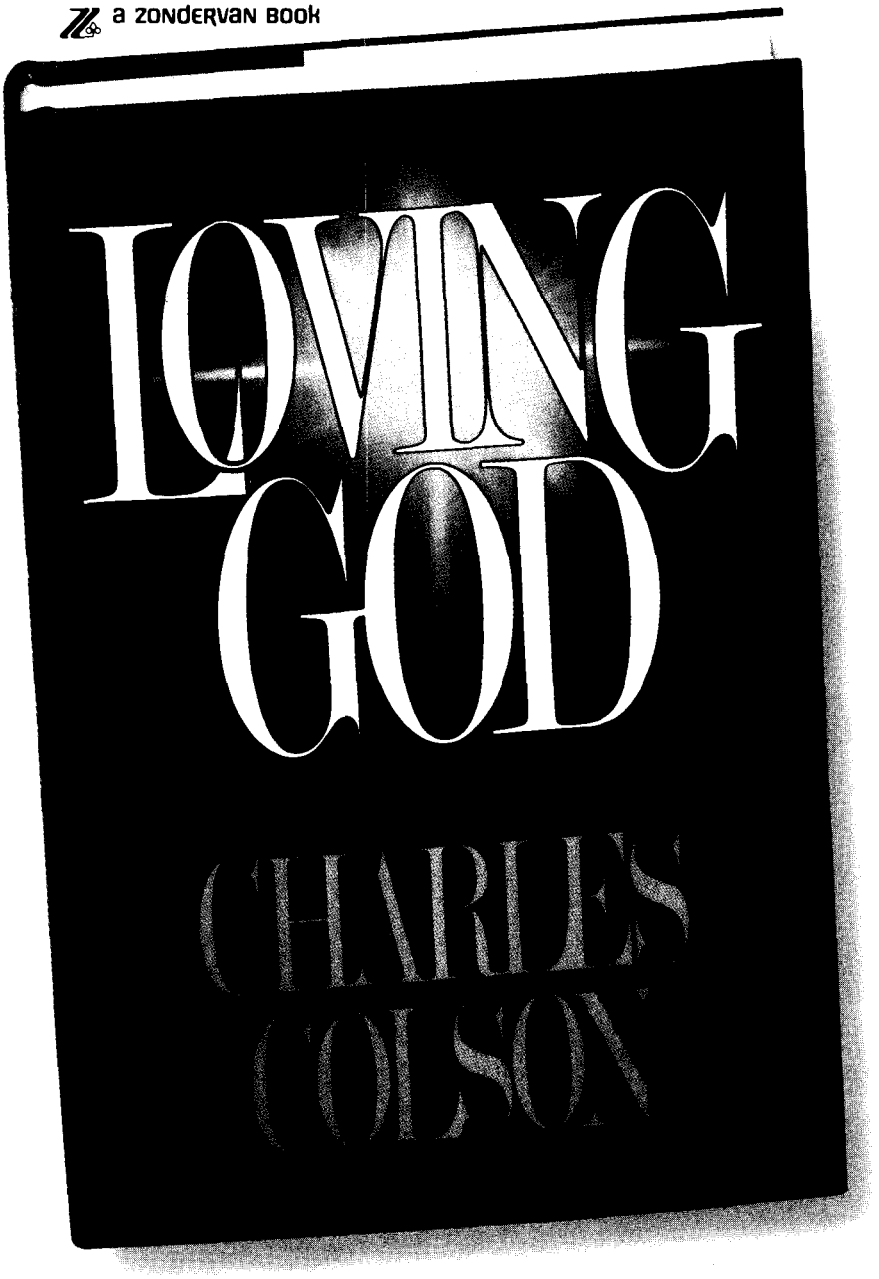

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BRINGING THE OUTSIDE INSIDE

A solarium is the best thing under the sun for adding space, brightness, beauty, and free thermal energy to your home.

by Jack Hayes

For less than the cost of adding another room, many homeowners are opting to build their own little place in the sun—a solarium. Solariums are little more than three-sided lean-tos, made of glass with metal or wood, that attach to an existing structure, but according to real-estate experts, they're the brightest idea in home renovation in years.

These sun spaces add brightness, beauty, popularity, and "free" thermal energy; because their popularity is growing, they offer excellent monetary recovery on the investment.

Although solariums were designed originally for their solar-heating potential, they are now more popular for other reasons—not least, their unique atmosphere. "Imagine the experience of being in your backyard without really being there," says Mark Rogovin, a consulting architect with W.S. Nielsen Company, an Atlanta-based contractor that designs, installs, and markets several hundred residential and commerical solariums a year. Rogovin enjoys relaxing in his own sun space whenever he can—even if rain happens to be falling. "It's bringing the beauty of the outside inside," he says.

The typical home solarium measures 8 x 15 feet and costs between $4,000 and $5,000, material and labor included, says Harold Gray, executive director of the National Greenhouse Manufacturers' Association. The cost averages out to approximately $33 to $42 a square foot, as compared to $40 to $50 per square foot for a conventional room.

Solar-heating benefits may range from 0 to 70 percent of the home's heating bill, depending upon the size of the sun space, the current heating efficiency of the house, and the climate (especially the hours of available sunshine.)

For heating potential, a solarium's orientation is critical. In theory, the "plane" or widest outside wall of the sun space should face directly south for maximum sunlight exposure. Unfortunately, for some homeowners, there's no

A solarium not only lets the sunshine in, it also makes an exciting extra room, cuts heating bills by as much as 70 percent, and brightens your home's resale potential.

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south wall available. With such considerations in mind, it is advisable to talk with an expert before making any decision on a solarium strictly for energy reasons. The whole problem boils down to seasonal heating and cooling influence. A solarium that provides warmth in the winter may become a furnace in the summer. By the same token, a sun space comfortable during the summer months may produce icicles on New Year's Day. Here are the main things to consider:

How do you plan to use the sun space? For growing plants? As a breakfast room? For year-round entertainment? As a passive furnace in winter?

How tolerant is your particular climate? Your utility company can advise you on heating and cooling requirements. It can also help you calculate the amount of heat gain (and cooling loss) to expect if you add a sun space.

How much screening will you need when the summer sun begins burning? Should your screening be inside or outside? Should you use tinted glass? Should you use a "thermal mass"? (Water-filled containers, porous concrete, or clay flooring soak up and reflect heat evenly.)

"An hour's consultation with a professional before the solarium is purchased can save the homeowner lots of guesswork," advises John Reynolds, a professor of architecture at the University of Oregon and the technical review chairman of the American Solar Energy Society. Yet Reynolds admits that even an ill-planned solarium will probably be pleasant enough to use most of the time. "The main benefit to a sun space [comparing it, say, to an outside deck] is that you do get another room," Reynolds says. "Granted, it's not always going to be comfortable—but when it is, there's no room in the house that can equal it."

Why the growing enthusiasm for sun spaces? The impact of solar-energy research and the gradual acceptance of its findings may be one factor. Related to this may be the influence of contemporary architecture, which stresses the use of glass and emphasizes open, bright spaces. "When you see the number of glass buildings that are going up in the Sunbelt, it's not hard to imagine why sun spaces are popular," says Patsy Driver, a marketing representative with Gammans Industries, a solarium manufacturer whose business has tripled yearly for the past five years.

Fast-food restaurants, such as Wendy's, are adding solariums to existing stores and designing them as new units. Sun spaces are suddenly showing up in schools and other public buildings. Residential developers are testing solariums in selected single-family subdivisions and condominium tracts. "A builder told us that in one of his condo groups he now can't sell the units without the sun spaces," Driver says.

As more homeowners catch solarium fever, the question of do-it-yourself application arises. Many sun-space makers now offer kits with detailed assembly instructions, and these are being marketed as do-it-yourself products through home-center retail outlets. Homeowners considering a D-I-Y solarium should heed the above-mentioned advice on preconsultation. If possible, they should borrow a home-improvement book from the library and read the chapter on sun spaces.

Erecting a solarium is considered a two-person job for several reasons. Glazing and caulking have to be done right, or leaks may result. Some electrical wiring will probably be needed in addition to the masonry (floor) and insulation work. Large glass pieces are heavy, and they require delicate handling as well. "A 30-by-48 inch piece of tempered thermopane is quite a bit to handle," the NGMA's Harold Gray warns.

Those who want to move more gradually into do-it-yourself sun spaces may try installing one of the "sun gardens" made to fasten directly outside of an existing window. These units allow you to create an easy three-dimensional window with shelves made for sun-loving plants. "I raise aloe in the one outside my kitchen," says Professor Reynolds. "But don't expect too much from these shelf gardens once winter arrives," he cautions. "In the northern climates, those plants are probably going to freeze." Some window gardens come equipped with thermal glazed glass to help guard against plant chill.

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FOOD

FRESH FRUIT FOR SUNNY SALADS

Bring spring to your table with these bright new ideas for fresh fruit combinations.

by Allen Simon

There are many ways to make good-tasting fruit salads, but just tossing a selection of your favorite fruits together isn't one of them. Certain combinations of fruits, nuts, and vegetables go together better than others. Oranges with onions, for instance, is a favorite of seasoned chefs.

The type of dressing you use is also crucial. Each fruit tenders its own unique flavor; however, the right dressing can help merge the disparate flavors into a refreshing combination.

Though you may rely on grocery-store dressings to complement your fruit salads, you'll reach better results by making your own. Tailor-made dressings accompany all the following salad recipes. Cleopatra Dressing and Savory Strawberry Walnut Dressing are bonuses. Use the former on salads that contain greens and the latter on salads that are predominantly fruit. The dressings are based on safflower oil because of its non-oily taste and its ability to carry flavor. Remember to keep dressings refrigerated if you make them ahead.

Stylishly Simple Banana Blend layers as it chills into a decorative, low-calorie salad or dessert.

Stylishly Simple Banana Blend
(Makes 6 servings)

1 package (4-serving size) JELL-O® Brand Sugar Free Gelatin, any flavor
1 cup boiling water
1 cup ice cubes and water
1 medium banana, sliced

Mix gelatin and boiling water in blender at low speed until gelatin is dissolved (about 30 seconds). Add ice cubes and water; stir until ice is partially melted; then blend at high speed 30 seconds. Pour into dessert glasses. Spoon in fruit. Chill until firm, 10-20 minutes. (This dessert layers as it chills; clear layer on bottom, frothy on top.) Twenty calories per serving.

Tangerine Coleslaw
(Makes 6 servings)

¼ cup salad oil
*Grated peel of ½ fresh tangerine**
¼ cup juice of 1 fresh tangerine
Juice of ½ fresh lemon
2 tablespoons honey
1 tablespoon toasted sesame seed (optional)
1 small head cabbage, cut in long, thin shreds (about 5 cups)
3 California-Arizona tangerines, peeled, segmented, cut in half, and seeded
½ cup raisins
¼ cup chopped nuts

In jar with lid, combine oil, tangerine peel and juice, lemon juice, honey, and sesame seed; shake well. In large bowl, combine cabbage, tangerines, raisins, and salad dressing; chill. To serve, add chopped nuts; toss gently.
*Note: Peel, juice, and sections of fresh orange can be substituted for tangerine.

Avocado Sunburst Salad
(Makes 2 servings)

1 large navel orange
1 medium ripe California avocado
Butter lettuce leaves, optional
Dressing (recipe follows)
1 tablespoon toasted sesame seed

Peel orange and slice into six rounds; cut rounds in half. Halve, seed, and peel avocado; cut each half into six slices.* Place butter lettuce leaves on two salad plates. Arrange alternating slices of orange and avocado on lettuce. Pour dressing over salads and garnish with sesame seed.

Dressing

1½ tablespoons lemon juice
1 tablespoon sesame oil
1 tablespoon honey
⅛ teaspoon ground ginger

Combine all ingredients in tightly sealed bottle; shake well before using.

*Or cut one-half avocado into slices; scoop out pulp of other half with melon baller to form avocado balls.

Avocado Sunburst Salad teams buttery California avocados with succulent oranges in a tasty sesame-and-honey dressing.

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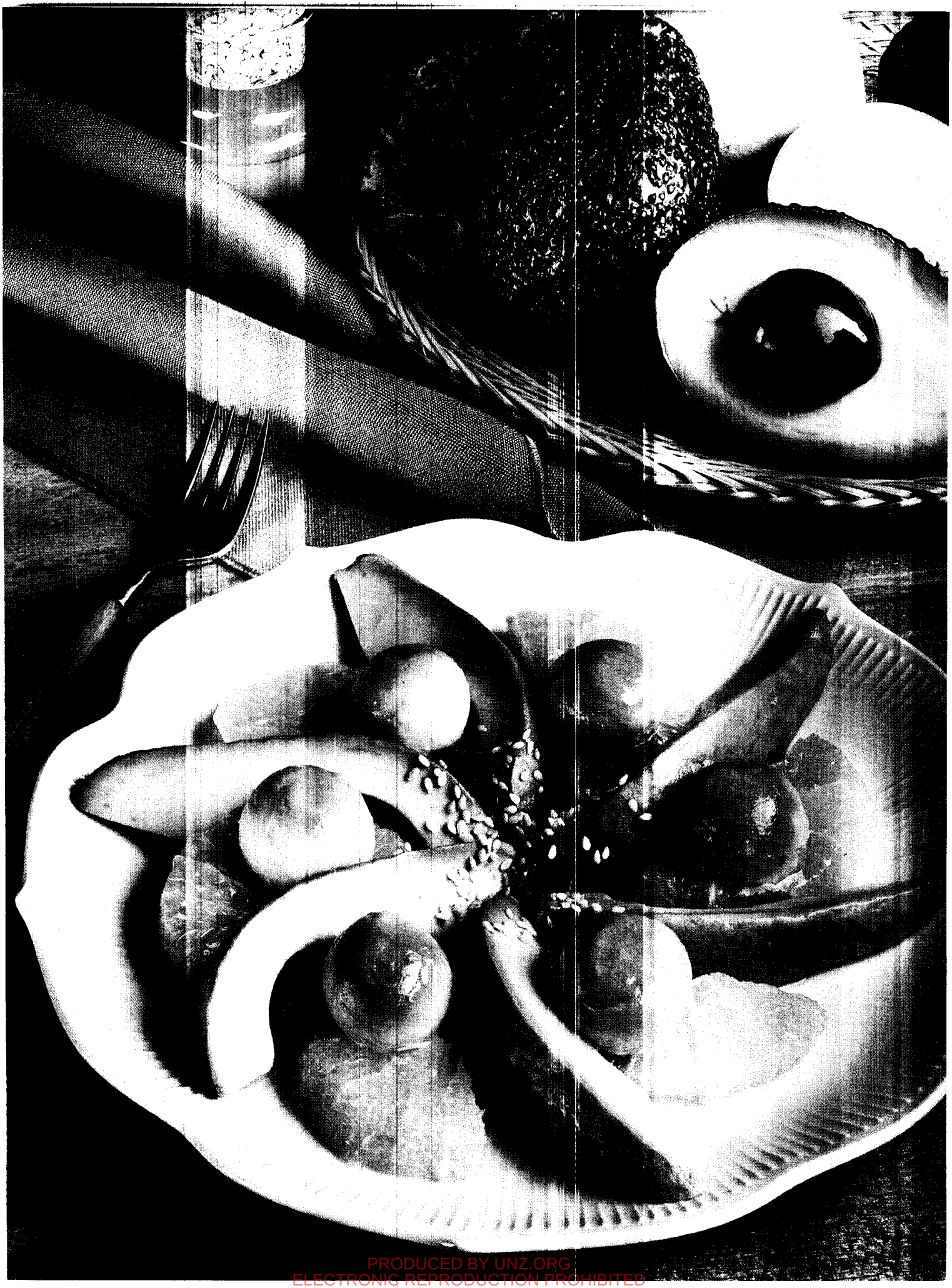

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Chicken-Fruit Molded Salad
(Makes 8 servings)

2 envelopes unflavored gelatin
2½ cups chicken broth
2 tablespoons fresh-squeezed lemon juice
½ teaspoon poultry seasoning
2 California-Arizona oranges, peeled, cut into bite-size pieces, drained
2 cups cooked, diced chicken
1 cup diced cantaloupe
1 cup diced honeydew melon
½ cup sliced celery
½ cup slivered almonds
*½ cup mayonnaise**
Salad greens
Orange cartwheel slices
Green grapes

Soften gelatin in chicken broth; heat until gelatin dissolves. Add lemon juice and poultry seasoning. Cool to consistency of unbeaten egg white. Add remaining ingredients except salad greens and garnishes; mix well. Pour into a 6-cup mold. Chill until firm, at least four hours. Unmold onto crisp salad greens. Garnish with fresh orange half cartwheels and seedless green grapes.
*Note: Low-calorie mayonnaise can be substituted.

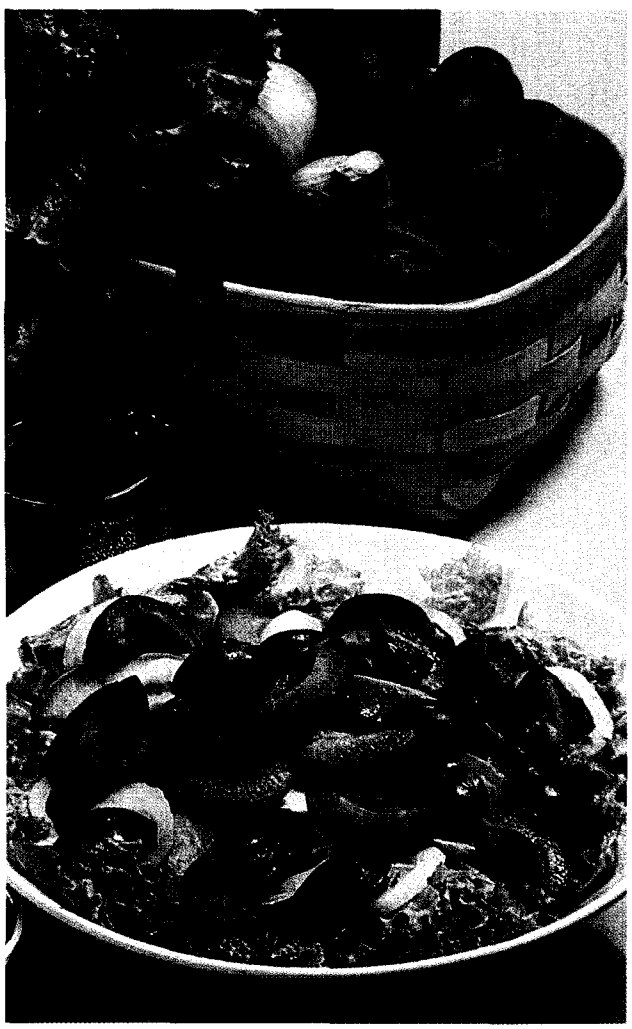
Piquant Italian Prune Salad
(Makes 4 servings)

1 quart torn mixed greens
6 Washington Italian prunes, pitted and sliced
1 orange, peeled, sliced, and quartered
2 green onions, thinly sliced diagonally
¼ cup toasted sunflower seeds
Prune Dressing (recipe below)

Combine greens, prunes, orange, onions, and sunflower seeds in large salad bowl. Toss with Prune Dressing just before serving.

Prune Dressing
(Makes about ½ cup)

Purée 3 or 4 pitted Washington Italian prunes in food processor or blender; press through sieve and measure out ¼ cup. Add 2 tablespoons *each* cider vinegar and honey and ¼ teaspoon salt substitute. Gradually blend in 3 tablespoons oil with wire whisk or fork.



A puréed plum dressing tops off Piquant Italian Prune Salad, made from sweet Italian prune plums.

Mock Primavera Salad
(Makes 6 servings)

2 cups cooked baby shell pasta, chilled
2 cups blanched broccoli florets
1 carrot, sliced, blanched
¼ pound snow peas, washed and trimmed, cut in half
½ cup thinly sliced red pepper
Fresh As Spring Dressing (recipe below)
6 Florida oranges, peeled, divided

In large bowl, combine pasta, broccoli, carrot slices, snow peas, and red pepper. Toss well with Fresh As Spring Dressing (below). Chill. Slice 2 oranges crosswise and arrange on serving platter. Section remaining 4 oranges. Toss orange sections with pasta mixture. Spoon salad on top of orange slices. Approximately 128 calories per serving.

Fresh As Spring Dressing

4 teaspoons vinegar
1 tablespoon mustard
1 egg yolk
½ teaspoon dill weed
1 small clove garlic, minced
⅛ teaspoon salt substitute
⅛ teaspoon hot pepper sauce
⅓ cup olive oil

In small bowl combine vinegar, mustard, egg yolk, dill weed, garlic, salt substitute, and sauce. Using fork or wire whisk, quickly blend in olive oil until mixture is smooth. Approximately 83 calories per tablespoon.

Cleopatra Dressing
(Makes about 1 cup)

⅓ cup safflower oil
⅓ cup water
3 tablespoons grated Parmesan cheese
3 tablespoons cider vinegar
2 tablespoons diced pimento
1 teaspoon grated onion
1 teaspoon honey
½ teaspoon salt substitute
½ teaspoon crushed garlic
¼ teaspoon coarsely ground black pepper

In a container with a tight-fitting lid, place oil, water, cheese, vinegar, pimento, onion, honey, salt substitute, garlic, and black pepper. Shake until blended. Serve over salad greens.

Savory Strawberry Walnut Dressing
(Makes about 1 cup)

½ cup sliced strawberries
⅓ cup water
¼ cup safflower oil
2 tablespoons cider vinegar
¾ teaspoon onion powder
½ teaspoon salt substitute
½ teaspoon sugar
1/16 teaspoon garlic powder
2 tablespoons finely chopped walnuts

In the container of an electric blender, place strawberries, water, safflower oil, vinegar, onion powder, salt substitute, sugar, and garlic powder. Blend at high speed until pureed, about 10 seconds; stop blender and scrape down sides of container if needed. Pour into small bowl; stir in walnuts. Serve over fruit salad.

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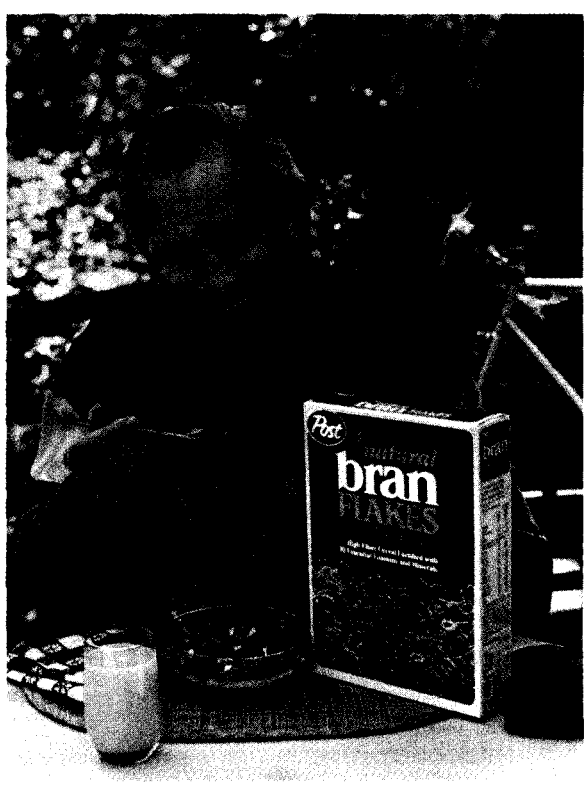

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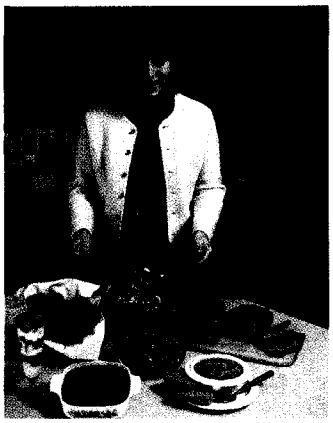
Your Society's Quest for Better Health



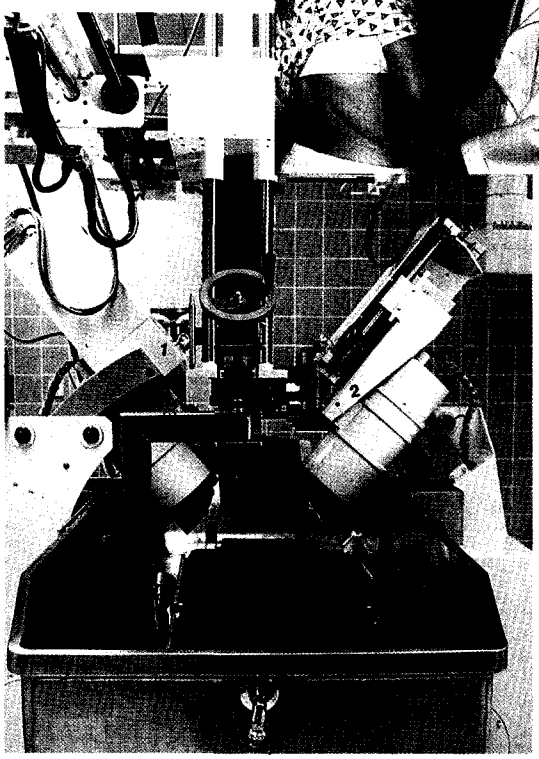
Your Society has introduced many people to the use of wheat bran and its valuable insoluble fiber for lessening the risk of colon cancer, and for the prevention of diverticulitis, constipation, and any number of other afflictions. Other members have been persuaded to use oat bran for lowering the dangerous LDL cholesterol, which so often portends a heart attack. When we first met Dr. James Anderson some 15 years ago, he convinced us that the *soluble* fiber in oats and beans helps lessen diabetics' need for insulin, especially in maturity-onset diabetes. We promptly began telling Society members about Dr. Anderson's heart and diabetes diets. We say it's O.K. to be a "cookie pusher" if you use Dr. Anderson's oat-bran cookie recipe.

Your Society found Dr. Christian Chaussy in Munich, Germany, just after the 13th kidney-stone patient had experienced the smashing success of his amazing lithotripter for pulverizing kidney stones. You and your Society helped to bring Dr. Chaussy to the United States and the star-wars equipment to Indianapolis, and hastened to tell the world that this knifeless procedure is a marvelous new way to be relieved of the excruciating pain of a kidney stone. The Kidney Stone Formers Club was thus born.

With your support the Society has formed a rapidly growing Colitis Club, whose members report help from the diet recommended for relief of their irritable bowel problems.

Your Society and your money went to Ethiopia with the high-lysine corn, to bring the concept of providing more of this essential amino acid for the prevention of kwashiorkor in African toddlers. To Ethiopia and Zimbabwe we sent hybrid high-lysine seed corn and videotape instructions about why and how to plant it.

Your Society is campaigning to snuff out snuff, to restrict smoking to its proper place on the city dump, to exchange fiber for fat in the American diet, and the biggie: to stalk cancer to its cell, or cells, and to deal it its own lethal blow.



Your Society went to Africa, where we discovered a slow-release, magnesium-chloride supplement called Slow-Mag, developed by Dr. Will Davis and a pharmacist, Alister Warren. There we interviewed many physicians who had been using this product for insomniacs, mild hypertensives, pregnant women (to prevent eclampsia), migraine sufferers, and victims of numerous other afflictions caused by magnesium deficiencies. Since we have told our membership about this harmless mineral, hundreds of you have reported to us that you have abandoned your potent sleeping medication for this innocent substance. We believe this

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Together we have made a difference. Your continued support will enable us to explore more ways in which to relieve humanity of painful afflictions and premature deaths.

versatile natural substance deserves much more serious research, and we hope that soon thousands of people will help us shed light on its potential. Since people who can't sleep are known to resort to such risky things as tranquilizers and alcohol, we like the idea of substituting a harmless mineral, if it works.

Right now the most interesting research we've seen that needs further investigation is a report from Denmark that disclosed far fewer deaths in heart-attack victims who were given magnesium-chloride injections, as opposed to a similar group of victims who were given placebos immediately following their heart attacks. The researchers' findings suggest that patients with suspected acute myocardial infarctions should immediately be treated with magnesium to avoid further heart attacks. Because magnesium is inexpensive and easy to administer, and appears to be without serious side effects, we hope this Danish experiment can be repeated in emergency and cardiac-intensive-care units in this country.

Your Society has made great strides in the past, but the future rests upon the support of generous volunteers such as you. Your help will enable us to extend our cancer-prevention research that daily is widening our knowledge and will, we hope, help lead to the day when this menace to life joins the bubonic plague and the Black Death epidemics as nothing more than footnotes in medical history.

If you can send a tax-deductible contribution, we'll send you a sample bottle of Slow-Mag to show our appreciation. Please know that every penny will be used for practical research and cancer prevention. Our gift to you is for your good health. Your gift to the Society helps others as well.

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The Ol' Swimmin' Hole... '80s-Style

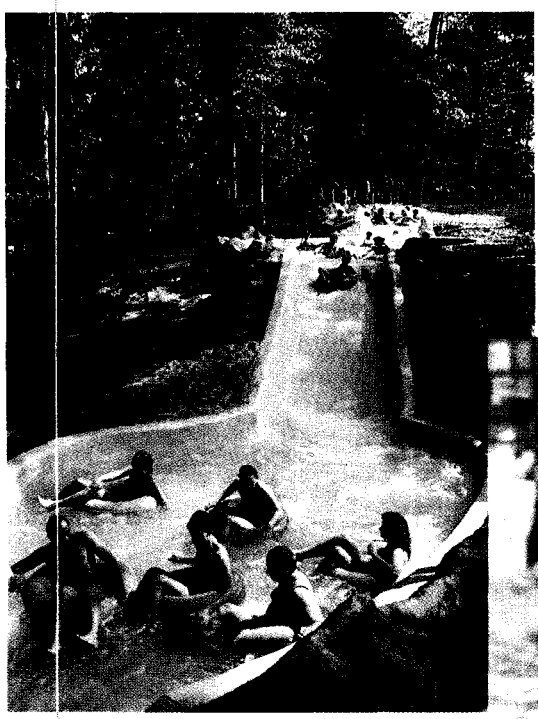
Kids staying at grandma and grandpa's this summer? Beating the heat was never like this.

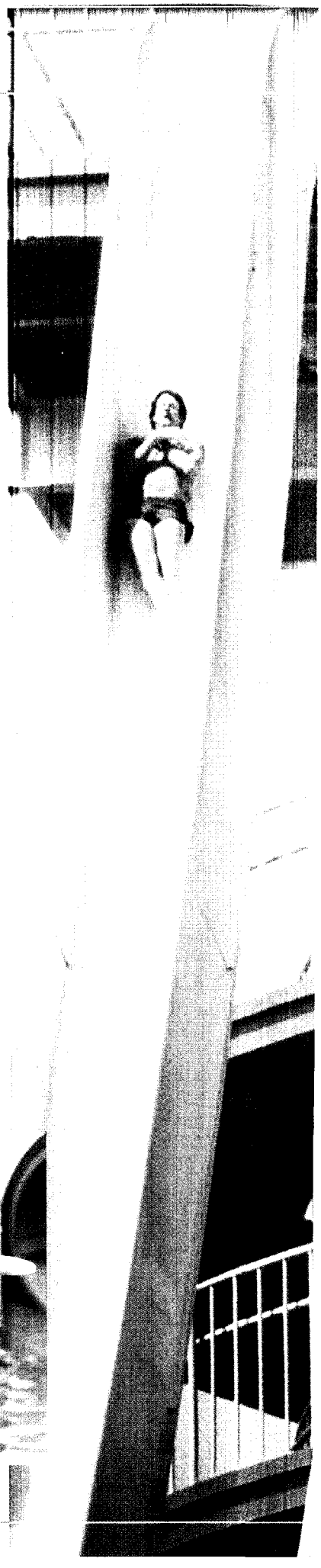
by Gerry Kingdom

Not near an ocean, but love the surf? Near the ocean, but don't like sand kicked in your face? Then, even if you're no 97-pound weakling, pack up the bathing suits, hurry the kids into the car, and head for the nearest water-theme park.

What are "water-theme parks"? They're amusement parks without the typical roller coaster-, carousel-style amusements. In place of these more traditional entertainments, water-theme parks feature a diversity of water-based merriments: polliwog pools, *eight-story-high* kamikaze slides, and great wave pools that create waves you can actually surfboard on.

Excitement? At Water Country USA in Williamsburg, Virginia, you can body-ride down a flume





(Right) *Der Stuka*, a 76-foot slide at Dallas' Wet 'N Wild, is obviously for those who've not had enough excitement in their lives lately. (Left and below) Non-daredevil fun: Tubing and firing giant water guns.

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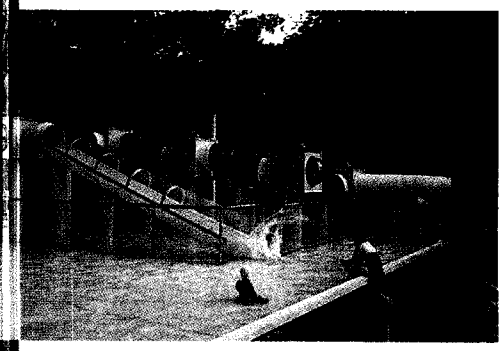
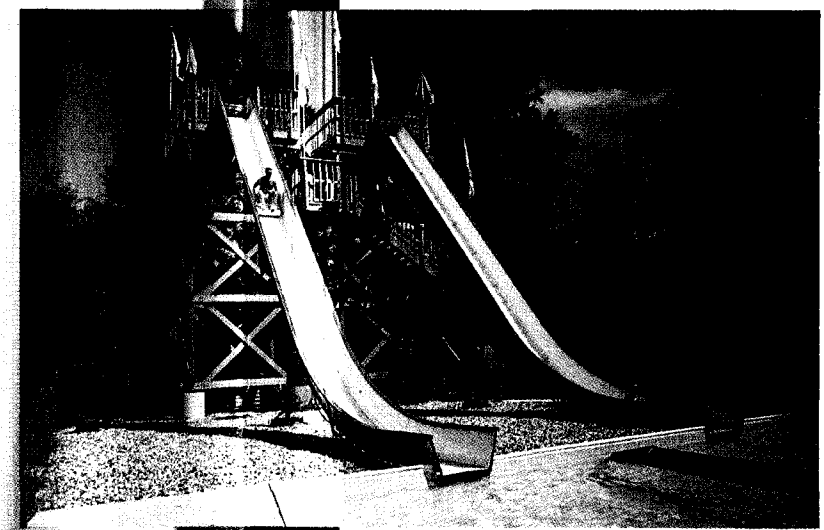


Kids under 12 and parents cavort in "polliwog ponds" while big brother and sister out-macho each other elsewhere.

called "Jet Stream" that will shoot you into a pool at a breath-taking 20 miles an hour. At Houston's WaterWorld you can bullet down a 400-foot enclosed chute called "The Pipeline" where porthole glimpses of daylight make you feel like a human comet. And at Kansas City's Oceans of Fun, you can race a loved one down the Typhoon, the world's longest dual racing speed slide.

Actually, water-theme parks had their beginnings at Disney World's River Country, where Disney's magic makers created the first fiberglass "flume." From there, Sea World's founder, George



(Above) The Double Rampage: taking a "surf boggan" down a 35-foot drop at Water Country USA. The splash-down pool record glide: 120 feet.

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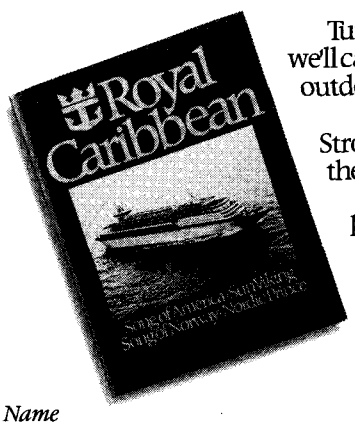

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Millay, linked the innovative wave pool with other water-related amusement facilities to produce a single water-theme park: Orlando's Wet 'N Wild.

If the thought has crossed your mind that these parks must use an enormous amount of water, you're certainly on the mark. At Raging Waters, in San Dimas, California, just outside L.A., for example, the eight-story plunge slide called "The Screamer" requires a steady flow of 2,000 gallons of water a minute. At that rate, you could fill your tub in *one second*. Naturally, all this water is filtered, purified, and recycled, so there's no great ecological burden involved.

There are 43 operating water-theme parks, 12 more under construction, and scores being mapped out. At each of the water-theme parks in North America (and some can be found as far north as Calgary, Alberta), you'll find the same main attraction: a long, curving slide run, or several runs that intertwine and end in the same pool. On slides like these you can ride either seated (to go slow) or lying down (to speed up) without an inner tube or mat beneath you. A slick coat of vinyl or fiberglass and a steady flow of water shoot you forward. And the largest parks also have the wave pools previously mentioned, which generate intermittent waves that can reach heights of four feet. Although these pools can be a bit unpleasant when hordes cram into them, they are delightful at off-hours or where crowd sizes are limited.

After the slides and the wave pools, individual parks offer their own variations on a theme or branch out into the novel and ingenious:

- If you're a thrill seeker, many water-theme parks can test your very limits. At Wet 'N Wild in Arlington, Texas, for example, you can plunge down *Der Stuka*, the highest *vertical* speed slide drop in the world, an incredible 76-foot descent!
- Ready to throw in the towel? If not, you might try my own favorite nerve tester: the "Barratuba," a harrowing, 450-foot channel ride at Tampa's Adventure Island. Because you ride this attraction on an inner tube (which goes where *it* wants to go), you lose both a sense of position and control, and that makes for great fun.
- For the less hardy of heart, there

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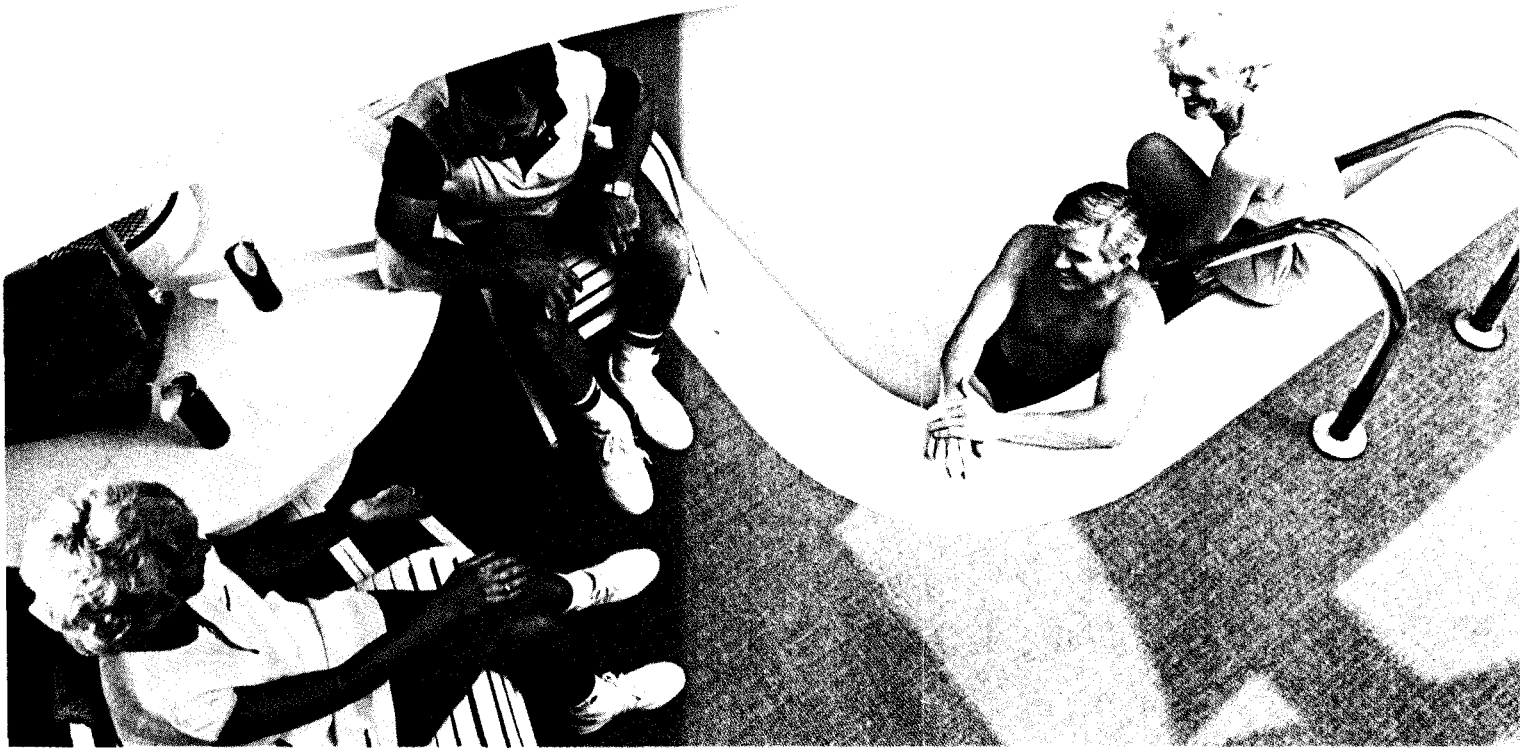

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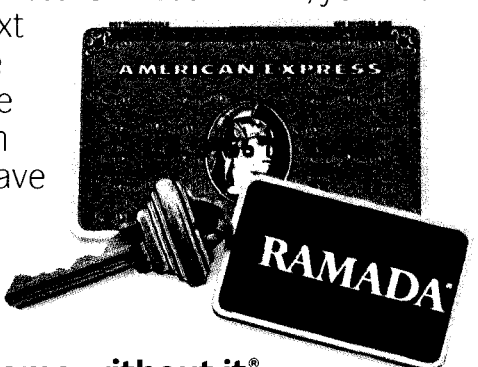

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are gentle river floats, like the "Lazy Miami" at The Beach in Mason, Ohio. This 12-foot-wide continuous river winds its way through the park while taking you over occasional soothing swirls that do more for calming your nerves than for exciting them.

Virtually all water-theme parks also offer activities for preteens and little ones. Wet Willy's, at Lake Ozark, Missouri, for example, boasts an energy-expending Bumper Ride, the aquatic equivalent of the more terrestrial Dodgems. And the "Little Lagoon" at Magic Waters in Rockford, Illinois, provides water-related games like rain tunnels and water cannons that tots and toddlers love.

As might be expected, most large parks supply a host of beach-going amenities to complement their water facilities, except, of course, the oil slicks and the sharks, swimming apparel shops, and locker-room changing areas.

What does the future hold for water-theme parks? Plenty by way of excitement.

First, as lights are added to most parks, there's the promise of far more nighttime goings-on, such as beach parties, concerts, and moonlight swim sessions.

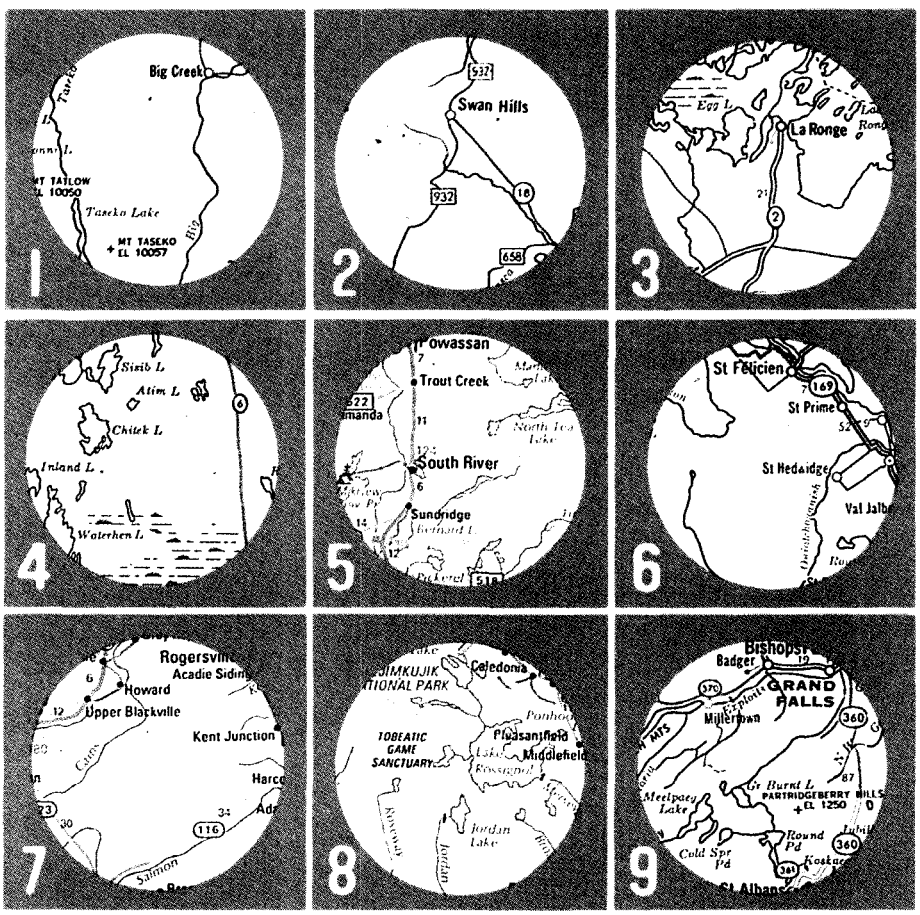
In the area of ride facilities, it's expected that new tube rides will give the rider a choice of channels that offer various speeds and obstacles.

Some prognosticators predict "shoot the rapids" rides in which riders actually don helmets and life jackets in order to take on highly challenging white-water runs.

And imagine this for a thrill: A few water-theme park visionaries are already working on designs that incorporate 360-degree, roller-coaster-loops without any restraining devices or vehicles. Now that's worth waiting for.

The traditional theme parks have taken note of water parks' increasing popularity. For instance, Holiday World of Santa Claus, Indiana, has added the "Frightful Falls" log fume, a non-swimming suit affair featuring a dark tunnel at the outset and three white-water rapids along the swift two-minute, 40-second course.

All in all, water-theme parks of the future will build upon an already popular entertainment. So if you haven't been to a water-theme park, make it a point to get to one soon. You're sure to love it.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state or province. In terms of routes, state parks, mountains and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend find the game too easy (but you won't), add the requirement that you place the area, north, south, east, west or central in the designated locale.

(Answers on page 110)

Squirrel

continued from page 81

And the texture of the tree trunk seemed to change and, as Wentworth kept backing, it grew dark around him and the world closed over him and, although he didn't recognize his surroundings, he found himself at the bottom of a burlap bag.

"Been watching this dumb-fool squirrel for days," a human said, but Wentworth, of course, could not understand. "The kid wants a pet squirrel and this little feller has backed right into the job."

Wentworth was not as frightened as one might think to find himself in a cage. You see, while most squirrels' nightmares had them in a cage, all Wentworth's bad dreams were about being somewhere high up and looking down. This cage was on the ground and had a solid foundation, his new, small owner treated him well; it wasn't bad at all.

Mamma and The Major risked a visit to the back porch where his cage stood as soon as they found out his whereabouts.

"Stiff upper lip, old boy," The Major said. "My pals and I are going to get you out of there. We'll toddle down here some evening soon and gnaw a hole in that prison of yours. Simple, really."

"And then," mamma added, "you

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can come back where you belong. To the top of the tallest tree we can find, where no man with a burlap bag can catch you again."

Wentworth thought of the top of the tallest tree that could be found and swallowed.

"Look," he said, with difficulty. "Look, if it's just the same to you, I'd rather stay here. No climbing, no trees. Just plain, level ground 24 hours a day. Heaven."

Well, they argued, of course, mamma and The Major, and finally they gave up and went home, mamma in a huff over some children's ingratitude, The Major accepting the situation philosophically, as he accepted everything. Wentworth was sorry to see them go—he was sorry he wouldn't be getting around to marrying that pretty little girl—but after all, this was heaven to a squirrel who was afraid of high places.

It still is. Wentworth runs loose now, but he never leaves the back porch. And he stays on the floor. The one time he forgot himself and jumped up on the railing, he looked down, got dizzy, fell, and gave his nose a terrible crack. ❦

Houses

continued from page 55

kind of certificate suitable for framing," Lenore Swoiskin, the company archivist, told me with a bemused chuckle as we thumbed through hundreds of letters from Sears-house owners and would-be owners. "Sears can't tell you that you've got a Sears house. *You've* got to tell *us*," Swoiskin said.

It isn't easy. For the most part, Sears architects copied popular styles of the day; the houses are not stylistically distinctive. Neighborhood rumors that a house came by mail don't help much either; although Sears was the largest purveyor of ready-cut kit homes, there were a few other companies in the business, including Montgomery Ward and, notably, Aladdin Readi-Cut Homes of Bay City, Michigan, which started first—in 1906, including a complete line of fixtures and home furnishings—and lasted longest, until 1983.

Still, for those who send a snapshot and a floor plan with their "We think we've got one!" letter, the archive staff scrutinizes old Modern Homes catalogs for a match, attempting as

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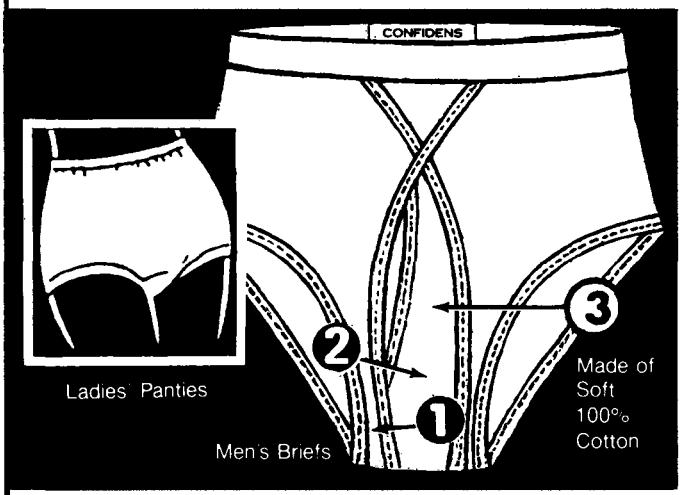

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best they can to see through obscuring shrubbery, new-fashioned siding, enclosed porches, and raised roofs. Their workload has been lightened by *Houses by Mail*, an illustrated field guide to 450 of the Sears homes, published by the National Trust for Historic Preservation in Washington.

Organized by roof type and number of stories, the book works like a bird or wild-flower guide and draws the reader's attention to easily observed "field marks." Each page names and illustrates one house and floor plan, describes its distinguishing features, and states its original catalog price.

The co-author, Katherine Cole Stevenson, believes the book will do more than verify (or refute) the hunches of genuine or would-be Sears-house owners. Conceivably, it would help the former restore lost features. Most important, she hopes it will help preservationists to identify architecturally significant neighborhoods.

Diane Maddex, the editor of the National Trust's Preservation Press, says prepublication interest in *Houses by Mail* has been extraordinary: "The simple fact that Sears sold houses in the first place, and the oddity of their having come ready-cut by rail, is fascinating. Then when you see the wide variety of these house styles, and how well they all seem to have been built, it's really surprising."

Surprising, yes. Fascinating, certainly. But in several months of tracking down Sears houses and speaking with their owners past and present, I've been hard-pressed to explain all the hoopla. For the most part, as Linda Pruitt told me in Carlinville, "They're just houses!" Big or small, plain or fancy, none is unique. They're solid, but so were houses designed and built at the same time by local talent. Sometimes they conjure up an appreciation for history, but why shouldn't any older home? Certainly they're dear to their owners. But as for architectural significance, Ward Jandl, a preservation specialist with the National Park Service and co-author of *Houses by Mail*, believes the distinction of being a mail-order home may be offset by the existence of several hundred others just like it. "In terms of special status like inclusion in the National Register of Historic Places, the two factors probably cancel each other out," he says.

Just the same, I've been thinking a lot lately about that Craftsman-style bungalow I lived in a few years ago in Vermont—the one with the big dormer over the scooped-in porch. I could swear it's the spitting image of the house I saw on page 82 of the 1925 Modern Homes catalog. And I seem to remember hearing that it was a kit house, although I was hardly paying attention at the time. As soon as I get my hands on *Houses by Mail*, I'm going to head up to Vermont to check it out. On the other hand, maybe I won't. If I can't find that old house in the book, it might ruin my day.

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Our congratulations and a check for $100 go to K. J. Franks, Wooster, Ohio, for the winning entry in our Jan./Feb. 1986 caption contest.

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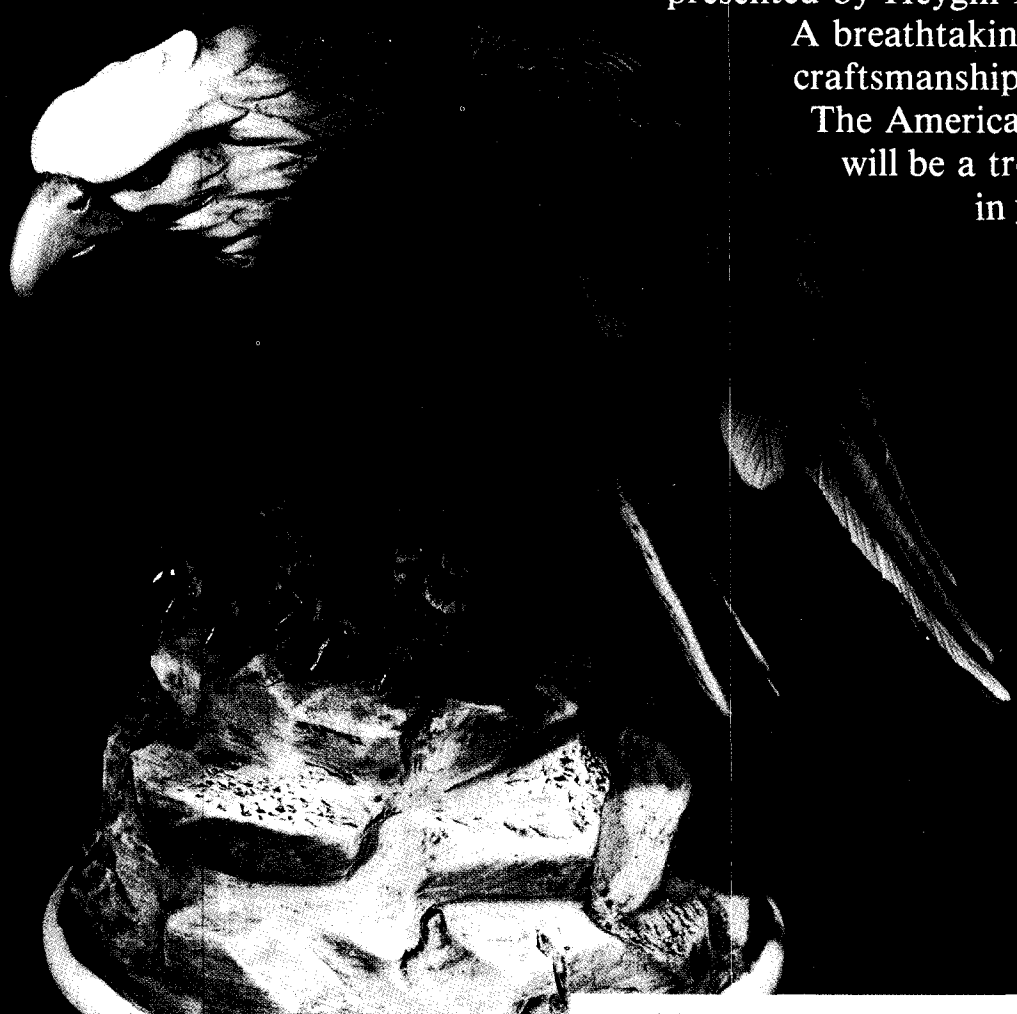

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Moving

continued from page 57

shine. With an uncanny sense of timing, she manages to drown out Dan Rather's newscasts except for the commercials. Her Saturday schedule turns the "Game of the Week" into a battle of horizontal lines rampant on a field of snow. On Sunday she religiously postpones the vacuuming chore until Tom Watson putts for the championship on the 18th green.

Then there's the no small problem of keeping up with the Joneses, and the Smiths, and the Johnsons, and everyone else within sight of our patio. I refer to such rivalries as the great "Outdoor Grill Contest."

Our old grill was among the items that had failed to spark interest among our garage-sale patrons. Nor did we have any luck trying to force it on our ungrateful kids. I'll agree it wasn't a likely candidate to win the Miss Grill title, but it could still burn a hamburger right up there with the best of them. So we had brought it along.

It lasted two weeks. It was replaced on the patio by an $89.95 covered kettle, rustproof, stainless steel, with bellows and a storage shelf and balloon tires and an ash dropout receptacle and it's bright red and it's beautiful. We have it because all our immediate neighbors have one. From our patio we can see nine other patios and balconies. What is more, the people from there can see our patio. And I was getting fed up (not to mention red eyed, halfway asphyxiated, and smelling like a kippered herring) trying to grill behind a sheet strategically hung to hide our antique contraption.

Not more than a month later the guy directly across from us regained the lead with a gas job that sported a glass oven, a thermostat, and a *heated* storage shelf.I gave up and started to grill in the stove oven. And Lois planted geraniums in my rustproof, stainless-steel covered kettle.

I won't go into the vagaries of the plumbing. Or the scramble of the birds raising families in the air ducts. Or the human family disputes that come in loud and clear from five families away on a summer eve. Or the jockeying for parking space. You may be thinking of moving from a four-bedroom house into a four-room apartment, and you'll want to discover some of these things for yourself.

Far be it from me to spoil it for you.

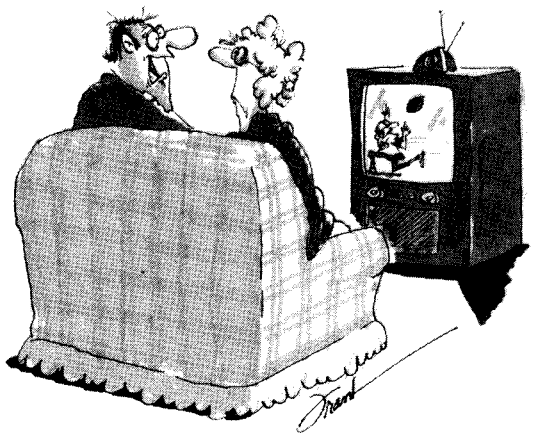
Memo for Kathy

continued from page 70

"I'm Harry Johnson," I said. "The publicity man."

"Oh, yes," she said with a straight face. "You're the man who brought me those nice pictures."

We had quite a gabfest and nobody bothered us. I'm smiling again, Irv, because I didn't play it badly, at that. You can't hang around the greasepaint people all your life and not pick up a few tricks.



"Of course, I remember the last time I took you out! It was in 1975, right after the Cowboys beat Minnesota 17-14..."

That's it, Irv. That's the story. Bee was taken off the picture a week later, not because of "other commitments," as we released it. He was removed because Kathy wanted it that way. And Joanie is back with us, as script girl for Kathy's new director.

Kathy averages about four visits a week to our house now. The aunt drops her off in the afternoon, when Kathy's through working, and picks her up in the morning. Helen and I have been looking for a new house in Glendale, one with more room. Helen says every child ought to have a room of its own.

So Kathy will be in New York for a week. Don't forget the signal. When she rubs the end of her nose, whisk her away from the characters and the phonies. She needs someone she can love and trust. Even for a week, Helen and I don't want her to be without that. Tell her we send our love.

And love to you all. If, by any chance, you are standing behind the aunt while she is looking over the edge of any of your tall buildings, try to imagine what Helen would do. Let that be your guide. On this happy note, I end.

Harry

Hiccups

continued from page 49

pain. All of his muscles were stretched and sore, and he hurt at every gulping, strangulated breath. His condition at admission was described as critical.

The first hospital attempt to hobble Warren's hiccups involved the once-triumphant carbon-dioxide-inhalation treatment. It gave him only a few short spells of relief. The next treatment was an intravenous injection of nikethamide. His hiccups continued unimpeded. A lumbar puncture was then proposed. A lumbar puncture is usually performed to obtain a quantity of cerebrospinal fluid for diagnostic analysis, but the operation was recommended now for therapeutic purposes as well. It was hoped that an examination of the fluid would suggest the cause of Warren's hiccups, and that the operation itself would excite a remedial reaction in the central nervous system. The lumbar puncture was half successful. It didn't explain the hiccups, but it stopped them. The remission lasted 24 hours, and then the spasms started up again.

A desperate remedy composed of promethazine hydrochloride (an antihistamine) meparidine hydrochloride (or Demerol, a narcotic analgesic drug with certain antispasmodic powers) and oxygen inhalation produced a restful respite, but—as so often before—it was only temporary. Surgical intervention involving the phrenic nerves was next considered. That,

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however, wasn't possible here. The action of the diaphragm is directed by two phrenic nerves, and in Warren's unfortunate case both of these nerves were involved in his spasms. To block them both would also block his breathing. Dr. Eisenstadt and his hospital consultants met once again. There was almost nothing left to try. And then, while they were in conference, the crisis resolved itself. Warren's hiccups spontaneously stopped. His general condition at once began to improve, and on May 20, the 17th hospital day, he was judged sufficiently recovered to go home.

Warren was at home for just two days. He was discharged from the hospital on a Saturday, and on Monday he was readmitted. His hiccups had intractably returned. All of the standard remedies were tried, but only one was more than momentarily effective. That was oxygen, and even it gave only an hour or two of relief. Dr. Eisenstadt sat down with Warren's chart and reread its entries. The reading confirmed his belief that there were no more untried drugs to try. Nor were there any new techniques or devices. He reconsidered and once again discarded the possibility that Warren's hiccups might have their seat in one or another of his many chronic diseases. Except when exacerbated by the hiccups, all of Warren's diseases were pretty well under control. He reviewed a series of allergy tests that had been performed in 1966. The results still looked as conclusive as they had a year ago. There was nothing in Warren's diet that could possibly cause his hiccups. The same was true of the drugs he took. Dr. Eisenstadt checked them off—digitalis, aluminum hydroxide, tolbutamide, antihistamine, a diuretic, a choleretic, sulfamethizole. He stopped and looked again at the chart. Sulfamethizole was on the list of Warren's drugs, but it hadn't been included in the allergy tests. There had been no reason to suspect it. Its use was too occasional. It wasn't part of Warren's daily regimen. But now he began to wonder.

Dr. Eisenstadt returned the chart to the record room and went into the ward and had a word with Warren. Warren told him what he wanted to know. He was taking sulfamethizole. He had been taking it for the past two or three days. His prostate had been acting up again. Dr. Eisenstadt went to a telephone and put in a call to Warren's urologist. He explained what he had in mind. It wasn't a hunch. It wasn't even a notion. It was just that sulfamethizole was the only unknown factor, the only uninvestigated drug. The urologist listened, and unenthusiastically agreed to indulge Dr. Eisenstadt in his whim. He would see that Warren was taken off sulfamethizole for a couple of days. There were other, though less satisfactory, drugs that could replace it if the need arose. He would make the necessary arrangements at once. Dr. Eisenstadt thanked him and crossed his fingers and waited. He wasn't kept in suspense for long. Warren was separated from sulfamethizole—from all and any sulfonamide drugs—in the late afternoon. Late the following afternoon, his hiccups began to subside. They continued to slow and slacken, and in the early evening of the second day they finally stopped altogether. The urologist extended the sulfonamide ban, and entered an antibiotic substitute in the order book. Another day went by, and then another. By the end of the week, it was certain. The attack was definitely over, and on Sunday, June 4, Warren was discharged to convalesce at home.

"Now then, what was your reason for leaving your last position?"

Warren's recovery left Dr. Eisenstadt in a state of hamstrung exultation. He thought he had found in sulfamethizole the root of Warren's endlessly recurring hiccups. The evidence was everywhere. Warren's last attack had followed a self-prescription of sulfamethizole, and the elimination of sulfamethizole had been followed by a remission. That plainly projected a cause-and-effect relationship between sulfamethizole and the hiccups. Nor was that all. The presence of sulfamethizole—or of some other sulfonamide drug—could at least be assumed in all of Warren's persistent attacks. Hindsight seemed to show that they had coincided with either self-prescription or surgical prescription of that drug. It was even possible to link it with Warren's first attack—the outbreak of hiccups that followed his hernia operation back in 1940. Nineteen-forty was before the development of antibiotics. The only drug then available for use in the routine prevention of postoperative infection was one of the sulfonamides. And yet, none of this was proof. It was merely a structure of supposition. Warren's remission wasn't necessarily attributable to the elimination of sulfamethizole. It could have been simply spontaneous.

Whatever its nature, Warren's remission continued. He looked and felt and was in better health than he had been in for more than a year. His only remaining complaint was his perennially progressive prostatic hypertrophy, and toward the end of July the urologist judged—and Dr. Eisenstadt concurred—that his general condition was robust enough to withstand another transurethral resection. Warren re-entered Saint Mary's Hospital on July 24, and the operation was performed the next morning.

The following day, Dr. Eisenstadt

continued on following page

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Special Lottery Disclosure Report Astounds Experts

New York Man Uses Lottery Report To Hit $13.7 Million Jackpot

His name: Manuel Garcete.

His address: Sunnyside, Queens, New York.

His age: 44.

His family: Married to Marta with a daughter, Natasha, age 4.

The facts:
Manuel Garcete's luck changed forever overnight. When he went to bed the evening of August 21, 1985, he was just another factory employee working an assembly line. Struggling to make enough money to support his growing family. Wondering if they'd ever be able to escape a tiny cramped city apartment.

When he woke up the next morning, August 22, he learned his money problems were over. *He had hit the New York State Lottery Jackpot. His number won and paid $13.7 million.*

What did a recent immigrant from South America know about playing and winning American lotteries?

Not a whole lot...until he made a discovery. It happened back in August. He'd grown tired of playing the lottery and never winning a dime. He finally gave up. Manuel Garcete would have to struggle for the rest of his life...

Then someone handed him a special Lottery Disclosure Report. Written by the most famous lottery expert in America: Gail Howard.

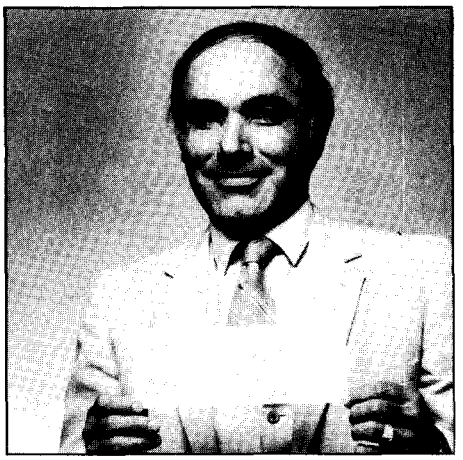
Wasn't the lottery *all luck*? Frankly, he was skeptical. How could anyone actually "*make*" you lucky? But he had nothing to lose. He was already a loser! So he read the Report. Then he secretly picked a number as directed. Within hours of the deadline, he entered the New York State Lottery...

And he came away "Grand Prize Winner". His number worth an absolute fortune. Manuel Garcete told co-workers and members of the press that his winning six-digit combination, 14-17-22-23-30-47, was picked "out of thin air." *Why take chances...He didn't want any problem collecting prize money from the State Lottery Commission because he had help in winning from Gail Howard and her "hot" Report.*

Anyone reading this notice must realize something: Gail Howard was and is a controversial figure in every State Lottery office in the country. A consistent winner herself—with a reputation for helping people beat the government lottery system. *One State Lottery Director, appearing with her on national radio, said outright that her Reports were bad for State Lotteries...because they helped create too many winners.*

Gail Howard: Solving the Riddle of the State Lottery.

State Lottery Commissions have taken notice of Gail Howard. A consistent lottery winner herself...hitting the right combinations again and again . . . she's Lottery Editor of *Gambling Times* magazine and author of New York State's lottery handicapping guide, *Gail Howard's Lottery Advantage*. As a lottery winning expert, she has appeared on "Good Morning America" and other TV shows and written articles in national magazines like *Family Circle*. With this Special Lottery Disclosure Report here is your chance to win at the lottery.



***NOTE:** You can play any state or Canadian lottery—this report explains how to win no matter where you live.*

Here's what happened when recent Lottery Disclosure information was circulated among lottery players: Dr. J.R.T. of Hanover, Michigan, used the information and won $2,609.00; R.C. of Chicago, Illinois, won $3,247.00; Michael J. Merscher won $2,662.00; Gene Lake, $2,378.00; Greg Carson, $2,459.00; C.K., Canada, $4,550.00; E.R. Pawlowski, $1,900.00; M.E. Ellis, $1,128.00; Ronald Mueller, $1,300.00. These are just the few lottery winners *admitting* Gail Howard's help.

YOU ARE GUARANTEED TO WIN!

Please realize this: *Once you receive your Lottery Disclosure Report, the amount of money you can win depends upon the "pot" of the lottery. (It might be well up in the millions or it may be thousands.) BUT YOU HAVE A "WIN" GUARANTEE.*

If you want to play your Official State Lottery—*or any State Lottery you like* (it doesn't matter where you live—this Special Report explains how to play and win in State Lotteries around the U.S.)—*you can come away with a lottery prize of up to thousands or more!* This statement is guaranteed. If you are not satisfied with your winnings, simply return your copy of the Report and the entire purchase price will be refunded. There is no way you can lose by this offer. (You know how much you can win. Look at Manuel Garcete.)

How much money will YOU make?

If all these people win lottery money, so can you, if you get a copy of this special report.

Do you know that *The N. Y. Times*, *Newsweek* and other publications agree Gail Howard is a true lottery winning expert? **Special information from Gail Howard can increase your chances of winning any State Lottery by five hundred percent.**

Gail Howard has been besieged with interview requests from TV, radio and newspaper reporters. All hoping to get her to reveal everything. To "go public" with her special information on beating the government lottery system.

She's said NO—because that would spoil the lottery for everyone.

However, to help all the serious lottery players she can, Gail Howard has authorized release of the special Lottery Disclosure Report that DOES REVEAL EVERYTHING. ONCE AND FOR ALL.

If you are an adult preparing to enter your State Lottery, you may send for a copy of this Report. But you're urged to waste no time about it.

Will Government Officials ban this Report?

As of the date of this notice, State Lottery Officials have not banned circulation of this or any Lottery Disclosure Report. (And it is legal for you to obtain a copy.) Yet all those preparing to play the lottery should be aware of this: concern that Gail Howard's lottery-winning information could hurt lottery games has reached highest State Lottery levels!

For a copy of this Report send in the coupon at once. (Copies of the Report are only available through this Notice.)

Late Bulletin! Georgia Man Uses Report—Wins $310,500.00!

After three years of playing the lottery K.W. Mathis of Georgia, an accounting expert, obtains Gail Howard's information...uses this information...and wins $310,500.00. Claims that without this information, he would have been a "lottery-loser" all his life!

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Yes, I'm preparing to play my official State Lottery — and maybe other State or Canadian or "International" Lotteries too. Please rush me the special Lottery Disclosure Report for which I enclose $10.00 plus $2.00 FIRST CLASS postage & handling. (This is the same special Report that enabled Manuel Garcete to pick the $13.7 Million number.) Please send me:

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Attention...Canadians: This Lottery Disclosure Report is applicable for the Canadian lottery. Please remit $20 for FIRST CLASS delivery to Canada.

N.Y. & N.J. residents please include appropriate sales tax.

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received a telephone call from the urologist. He was calling to report on Warren. The operation itself had gone very well, but now, he was sorry to say, a complication had developed. Warren had the hiccups again. He had been hiccuping for several hours and responded to none of the conventional remedies. Dr. Eisenstadt's heart sank. He thanked the urologist and said he would see what he could do and started to hang up—and had a sudden thought. The urologist was still on the line. By the way, Dr. Eisenstadt said—he spoke as casually as he could—what drug were they using to control postoperative bladder infection? Drug? the urologist said. They were using sulfamethizole. That was the usual drug in such- . . . . Memory struck him, and he stopped. He cleared his throat. But if Dr. Eisenstadt preferred, he would change his orders to some nonsulfonamide drug. As he had before. Dr. Eisenstadt said he thought it might be worth trying.

It was. Sulfamethizole was stopped and Warren's hiccups stopped; he never took any more sulfonamides and he never hiccuped again.

Parties

continued from page 17

Soften yeast in water. Add bran cereal, corn meal, molasses, cooking oil, orange juice, yams, salt substitute, cinnamon, and flavoring; mix until smooth. Stir in both kinds of flour and dates. Line 4 egg cartons with miniature paper liners. Spoon a scant tablespoon of dough in each liner. Sprinkle with pecans. Cover with plastic wrap and let rise in warm place. Remove plastic wrap and cover with paper towel. Microwave one egg carton at a time at High (100 percent) for 1½ to 1¾ minutes or until muffins spring back when touched lightly. Repeat with remaining muffins. Serve warm.

Strawberry Freeze
(Makes 6 servings)

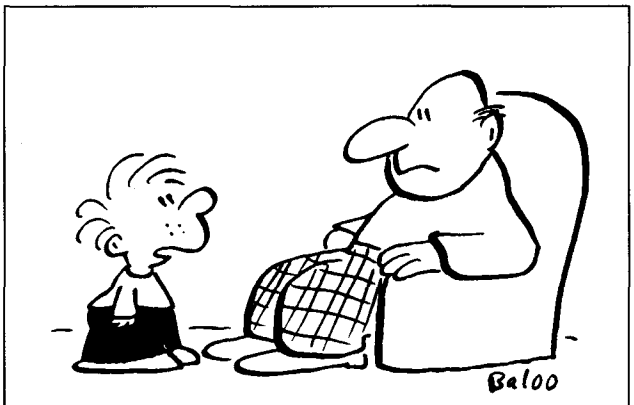
1 pint fresh strawberries
1 cup pineapple cubes
½ can (6 oz. size) undiluted frozen orange-juice concentrate
½ can (6 oz. size) undiluted frozen lemonade concentrate
2 trays of ice cubes

Place all ingredients in blender and process 4-5 minutes or until slushy. Serve immediately with additional strawberries as a garnish.

Tortilla Pinwheels
(Makes 2 dozen)

4 flour tortillas (6" size)
1 cup cottage cheese
2 teaspoons prepared mustard
½ teaspoon celery salt
¼ teaspoon garlic powder
8 ounces sliced Monterey jack cheese
1 cup alfalfa sprouts
8 romaine lettuce leaves

Moisten tortillas with water; set aside. Process cottage cheese in blender or food processor until smooth. Add mustard, celery salt, and garlic powder; mix well. Spread tortillas with ¼ of creamed mixture. Divide cheese, sprouts, and lettuce leaves between tortillas. Roll up each tortilla and place seam side down on a platter. Microwave at High (100 percent) for 2-3 minutes or until cheese starts to melt; rotate plate once. Cut each tortilla roll into 1" pieces. Set aside piece on end on serving tray.



"Runaway spending and record deficits in Washington, and you expect me to know the value of a dollar?"

Magnesium

continued from page 67

estimated that in the United States, pregnant women get only 50 to 60 percent of the RDA of magnesium in their diets. This can lead to a building deficiency, and this apparently triggers the migraines," Dr. Weaver told the *Post*.

Dr. Weaver's findings are not limited to pregnant women, however. Magnesium seems to eliminate headaches for children and men, as well.

Premenstrual Syndrome

Taking extra magnesium appears to help alleviate such premenstrual symptoms as anxiety, nervousness, and irritability. Dr. Guy Abraham, of Los Angeles, believes that premenstrual symptoms and magnesium deficiency are involved in a "vicious-cycle relationship." In a study published in the *American Journal of Clinical Nutrition,* he reported that women experiencing PMS had lower levels of magnesium in their red blood cells and concluded that many premenstrual symptoms are caused by a magnesium deficiency. He pointed out that an initial magnesium deficiency may trigger some PMS, which tends to cause stress, which then tends to further deplete magnesium levels and to cause even more stress and more PMS.

Exercise

Exercise-induced magnesium deficiencies are well-known to long-distance runners who train every day. When magnesium levels get low, calf muscles may start cramping. Occasionally, runners die shortly after exercising. Some researchers now think that the problem may be due to cardiac arrhythmias, caused by the sudden drop in magnesium and other mineral levels through perspiration loss.

Harvard's Dr. Wacker believes that magnesium supplementation before an athletic performance may improve the results. He and Gustawa Stendig-Lindberg, M.D., of Tel Aviv University, have found that even among superbly conditioned Israeli athletes, serum-magnesium levels fall significantly after strenuous exercise.

Dr. Wacker told the *Post* that magnesium supplementation is "probably necessary to help prevent muscle-cell breakdown and therefore could lead to an improvement in physical performance."

Kidney Stones

One study showed that taking 300 mg of magnesium-oxide supplements a day reduced formation of calcium-oxalate kidney stones from an aver-

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age of 1.3 stones a year per patient before treatment to 0.1 stones during treatment—a drop of more than 90 percent. "The regimen is convenient and well tolerated," the researchers wrote in the *Journal of Urology*. A Swedish study has found remarkably similar results.

Seizures

The *Post* interviewed Dr. Joel Zonszein, chief of endocrinology at Bronx-Lebanon Hospital Center in New York. He reported: "Magnesium can stop some diabetic seizures in humans. Three women studied were having focal seizures lasting from 30 seconds to three minutes, every five to ten minutes. Doctors couldn't stop the seizures until they finally tried injecting the patients with magnesium. Their seizures stopped."

Other researchers have found that magnesium can sometimes be effective at stopping a variety of muscular complaints, from muscle twitches and tics to tremors of the eyes, the arms, the legs, or the tongue.

Rickets

Medical authorities in India suggest that serum-magnesium levels should be determined in all cases of rickets. Magnesium supplements are recommended especially for the patients resistant to vitamin-D therapy.

Lead Poisoning

Dr. Leonard Vitale, a New Jersey pediatrician, believes that magnesium deficiencies may promote lead accumulation in children. Writing in the *Archives of Environmental Health*, he notes that in experiments, adding magnesium to laboratory animals' diets allowed the animals to excrete lead through their urine at an accelerated rate and caused significantly lower lead levels in their bodies.

Why Are We Deficient?

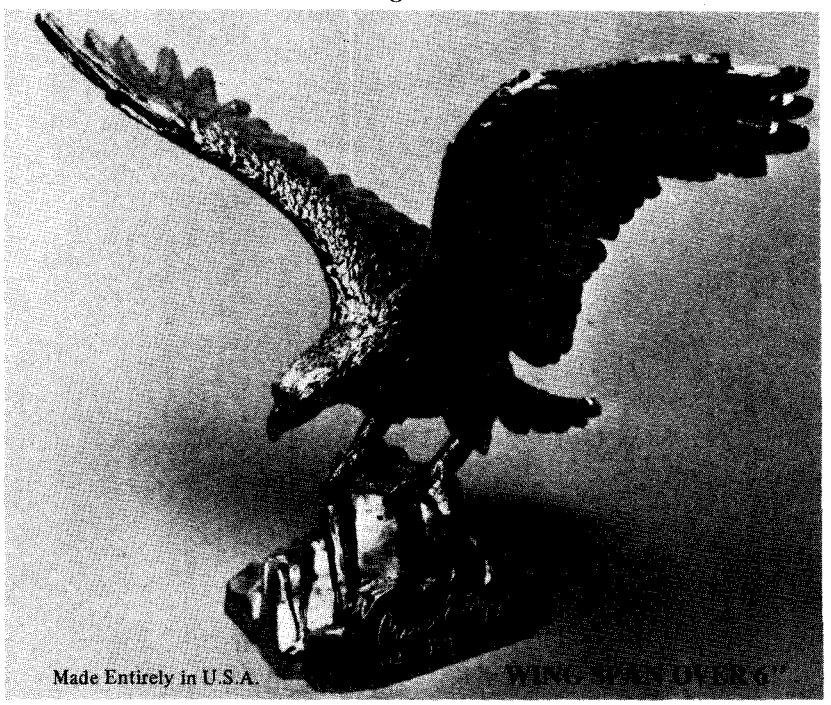
Every step in the chain of modern chemical farming and food processing depletes our foods of magnesium. Chemical farming rapidly depletes the soil of magnesium because chemical fertilizers do not replace magnesium.

The more a food is processed, the less magnesium remains. For example, whole-wheat bread, a less-processed variety, has 2½ times as much

continued on page 112

The Metropolitan Guild For Collectible Art

Issues An Original Masterwork



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The Metropolitan Guild for **Collectible Art** has commissioned nationally renowned sculptor **Carver Tripp** to create a sculpture that captures the raw power and winged majesty of the American Eagle... The artist has meticulously carved **over 1000 feathers** onto the body of "The Golden Eagle". The wings open gracefully to a span of 6 inches and each feather is layered in pure 24K Gold.

"The Golden Eagle" is engraved with the **artist's authentic signature** and each piece is **individually numbered.** Each statue is accompanied by an **OFFICIAL CERTIFICATE OF REGISTRATION.**

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Carver Tripp developed a love of art early in life. He nurtured this special talent by studying with some of the world's finest teachers. He has created many beautiful pieces, but even he admits the **Golden Eagle** "...has its own magic!"

Individual serial number and authentic signature.

STRICT LIMITED EDITON*
On JULY 4, 1987, the original Tripp molds will be destroyed and no more sculptures will be created. Collectors Note: the lower serial numbers will ship first; therefore it is important to reserve your statue now. **Each statue comes with an unconditional money back guarantee.**

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The Metropolitan Guild for Collectible Art now offers you a unique opportunity to own limited edition works of art. We have commissioned renowned artists from around the world to create these one of a kind masterpieces. Our works of art are individually numbered, engraved with the artist's signature and produced in strictly limited editions; thereby ensuring their continued value.

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EVERY FRIDAY THE 700 CLUB PRESENTS LIFECARE DIGEST

Each Friday, LIFECARE DIGEST is featured on CBN's THE 700 CLUB with host Pat Robertson. **The Saturday Evening Post** editor, Cory SerVaas, M.D., brings you the latest, in-depth health information and the most recent medical breakthroughs to enhance your health and possibly save your life, or that of a loved one.

Join us each week, and learn to monitor your body's warning signals and better care for your family's health by preventing problems before they occur.

If Your Baby Suddenly Stops Breathing.

Mothers who can administer cardiopulmonary resuscitation (CPR) breathe a little easier knowing they're prepared should their child stop breathing. We'll show you how to perform CPR on an infant, just in case.

The Agony Of The Feet

They're our primary means of transportation, and yet many of us mistreat our feet. We'll discover some archenemies and show you ways to heal those

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aching dogs. Our regimen for proper foot care is simple, but you'll have to toe the line.

Fat Or Fiction

We weighed fad diets and found them wanting. You may be losing more than pounds. Tune in for that ideal figure without risking your health. So tune in for recommendations on safe methods to gain that ideal figure without risking your health.

Airing The Asthma Problem

We'll discuss how an attack of this respiratory disorder can be brought on by exposure to an allergen, pollen, dust, or food. The potential discomfort is nothing to sneeze at, and it can sometimes be avoided.

Forget Memory Loss

New research is closing in on prevention and treatment of both normal ("Where are the keys?") and abnormal ("Where am I going?") memory loss. Don't miss this report, even if you have to tie a string around your finger.

Temporomandibular

If you can say it three times yours is fine, but for those whose temporomandibular joint is ajar, it's no laughing matter. They face a painful, deforming problem with their jaw. We'll talk to sufferers and discuss possible causes and treatments as well. Don't miss it.

Don't Panic

Attacks of severe panic can make you think you're crazy, but a new understanding of their origin has led to improved methods of dealing with them.

The 700 Club

TV JOURNALISM WITH A DIFFERENT SPIRIT

Check your local listings for time and station

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MEDICAL MAILBOX

by Cory SerVaas M.D.

He that takes medicine and neglects to diet himself, wastes the skill of the physician.
—Chinese proverb

Nashville's Meltdown Diet

Benjamin Franklin said, "To lengthen thy life, lessen thy meals." Hardly a slogan for The Kroger Company to adopt? Don't be too sure! The Kroger Company has just received the Benjamin Franklin Award for its part in helping Nashville go on a diet to lose a million pounds of fat in 12 weeks.

"We like to be good corporate citizens and a good civic-minded company," says Ross Thomas, a spokesman for Kroger. "When Dr. Martin Katahn announced Vanderbilt's Weight Management Program, we knew it would be properly handled, and we were ready to help." Thus Kroger agreed to put weigh-in stations in their stores throughout the Nashville area, where volunteers would weigh participants who have been relying on Dr. Katahn's Rotation Diet to melt away their fat.

Dr. Katahn is the co-recipient of the award. Like Benjamin Franklin, he has displayed genius in motivating the masses. "After announcing a lecture series on the diet," he says, "we reserved a room with a capacity of 80 people. Instead, hundreds began flocking in. Soon radio and television became interested, and we decided to find sponsors to give the diet away. Kroger became one of our sponsors, as did Health-O-Meter Scales and Service Merchandise. The YMCA has exercise programs going at all times of the day, at 32 different locations. All the major restaurants have gotten into it by offering diet foods—it's a marvelous community effort. The diet rotates low, medium, and high calorie days."

• First week: 600 calories per day are allowed for women for the first three days, and 900 calories per day for the next four days. The diet for men contains 1,200 calories for the first three days of the week, and 1,500 calories for the next four.

• Second week: 1,200 calories per day for women and 1,800 for men.

• Third week: Repeat first week.

• Fourth and fifth weeks: Women may follow the diet instructions given for men during the first and second weeks.

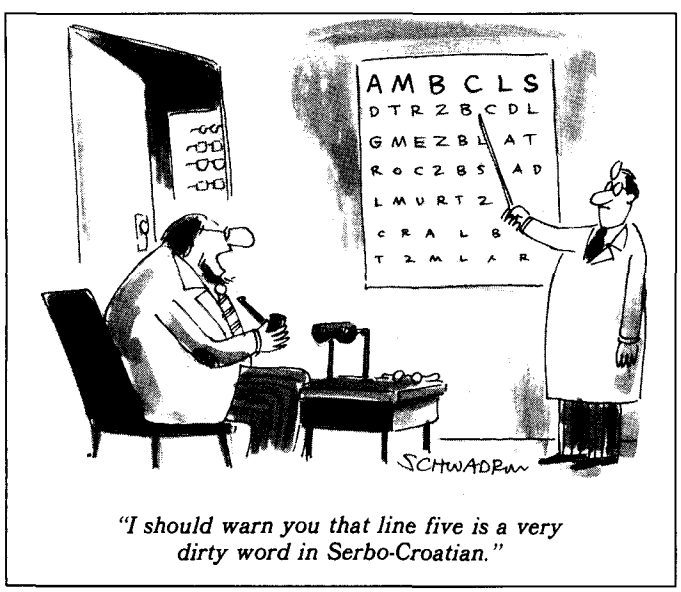
Dr. Katahn points out that most women who follow his instructions for physical activity will end up needing more than 2,000 calories per day to maintain their weight. Men

Peter Michael

The newest recipients of the Benjamin Franklin Award are Ross Thomas, representing The Kroger Company (left), and Dr. Martin Katahn of Vanderbilt University, the originator of Nashville's unique Melt-a-Million program for weight loss. He includes "free" vegetables to keep dieters from ever going hungry.

Peter Michael

It required little persuasion for Stacy Temple, the Nashville cab driver who met us at the airport, to join up for the weigh-in at a Kroger store. Dr. Katahn and the *Post* checked Stacy's starting weight as she began her diet to help fellow Nashville participants shed a million pounds of unwanted fat in 12 weeks.



"I should warn you that line five is a very dirty word in Serbo-Croatian."

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Answer these 4 questions and see if you're a colorectal cancer risk

If you are—this simple, in-home test could help you dramatically reduce your risk from colorectal cancer.

Most of us think of life-threatening colorectal cancer as something that happens suddenly, without warning. This is seldom true. In most cases, there is a preliminary period when the only sign may be hidden blood in the stool. If this sign is detected, investigated and treated promptly, the chances of this condition developing into colorectal cancer can be dramatically reduced.

The "hidden" warning signal

The earliest sign of many potentially serious intestinal disorders, as well as colorectal cancer, is hidden blood in the stool. You can't see it—nor do you feel any discomfort. Yet it is in this early stage that colorectal cancer is most curable. The American Cancer Society rates colorectal cancer as the No. 2 cancer killer, but estimates that 75% of the men and women who will die this year of this disease could have been saved through early detection and prompt treatment.

Early Detector® detects what you can't see

Early Detector is a very simple test for hidden blood in the stool, a condition which can signal a range of colorectal problems from cancer to diverticulosis, polyps, ulcers and hemorrhoids. You can do the Early Detector test comfortably and quickly in the privacy of your own home and read the results immediately.

1. Age

(Most colorectal cancer patients are over 40, and men and women are affected in about equal numbers.)

Are you over 40? YES ☐ NO ☐

2. Diet

Is your diet high in fats?

Fried Foods YES ☐ NO ☐

Whole milk/cheese YES ☐ NO ☐

Fatty meats, beef, pork, lamb YES ☐ NO ☐

3. Family History

Have you or any close relatives (mother, father, siblings, grandparents) had:

Colorectal cancer YES ☐ NO ☐

Gardner's Syndrome YES ☐ NO ☐

Ulcerative colitis YES ☐ NO ☐

Polyps YES ☐ NO ☐

Crohn's Disease YES ☐ NO ☐

4. Medical Check-ups

Has it been more than one year since you have had one of these tests? YES ☐ NO ☐

Digital Rectal Examination

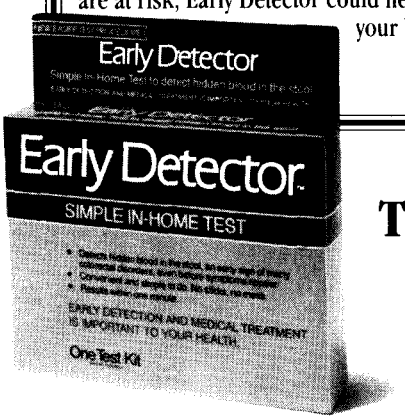
Guaiac Test for Hidden Blood

Proctosigmoidoscopy

Fiberoptic Colonoscopy

Barium Enema with Air Contrast Examination

SCORE: If you have answered yes to two or more of these questions, you may be at potential risk of colorectal cancer. If you are at risk, Early Detector could help save your life.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SIMPLE IN-HOME TEST
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One Test Kit

As easy to use as bathroom tissue

You'll find that taking the Early Detector test is as simple and uncomplicated as using bathroom tissue. There are no sticks or slides—no contact with stool samples as there are with other tests. You simply use the Early Detector specially prepared tissue as you would toilet tissue to obtain the sample. You then spray the Early Detector Developer solution on the stool sample adhering to the tissue. You read the results within one minute and flush the tissue away. If the results show a color change on the sample, indicating a potential disorder, you should consult your doctor.

Test results have been proven reliable

You can have confidence in Early Detector test results. They have been clinically proven to be as reliable as the leading test doctors and hospitals use. Research has proven that consumers can perform the test and read the results as well as medical professionals. If you have any questions about Early Detector or want additional information, consult your doctor or pharmacist, or call the convenient 800 number 1-800-E. D.-HELPS (1-800-334-3577). In New Jersey, call collect 1-201-540-2458.

Physicians advise this kind of test

Doctors recommend this kind of test be taken annually if you're over forty, and more frequently if you are at a higher than average risk of developing cancer of the colon or rectum. Remember, early detection and treatment of colorectal disease can dramatically reduce your risk from colorectal cancer.

This test could save your life

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are told to increase their calories in blocks of 300 every few days until they determine, through experience, their maintenance level. He suggests between 2,400 and 2,700 calories for men, provided they follow his exercise recommendations.

Dr. Katahn, an avid tennis player, has lost 75 pounds. His Rotation Diet requires exercising 15 minutes per day during the first week; 30 minutes per day for the second week; and 45 minutes per day thereafter. He cautions that the 600-to-900-calorie week in the Rotation Diet is not appropriate for diabetics or for growing children. He urges all who use his diet to check with their physicians before beginning.

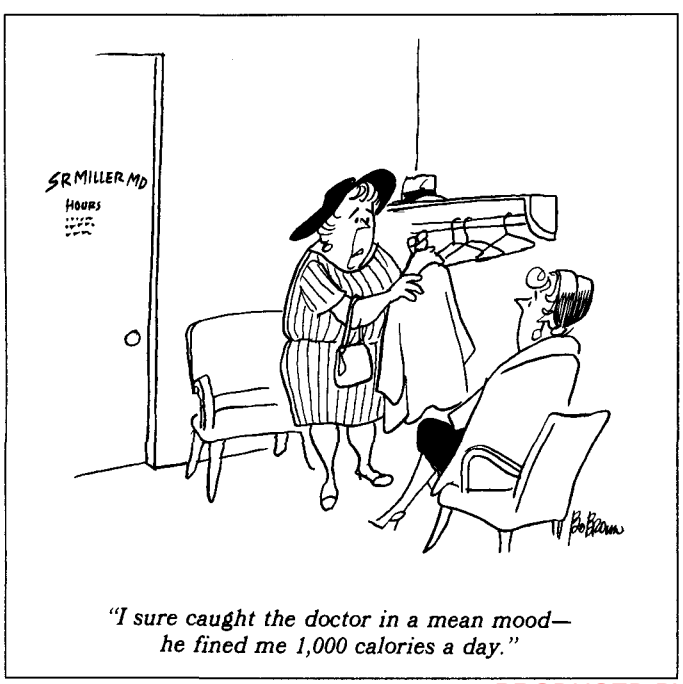
Dr. Katahn, a gourmet chef, has taught his daughter Terri to improvise tasty low-fat recipes, and he promised to provide *Post* readers with a good sampling of these for our next issue.

"She substitutes yogurt for sour cream and when she sautées onions she cuts down on the butter by adding a little water and covering the pan," he told us.

"When approached, I thought this would be a nice public service," says Kroger's Ross Thomas, "but it turned out to be something that not only generated traffic but generated sales, too. In the Kroger stores, the sale of produce is up 25 percent. Fish and chicken are up 20 percent. Pizza and baked goods are down," he told us. "Tuna, canned salmon, and asparagus are way up. The first week we ran out of yams and canned beets. We've had trouble keeping multigrain bread in stock, but all the stores are adjusting."

"We have what we call an insurance program on the diet to make sure that people will stick with it," Dr. Katahn explains. "They can eat unlimited 'free' vegetables: asparagus, Chinese cabbage, escarole, radishes, zucchini, celery, cucumber, lettuce, raw spinach, chicory, endive, parsley, and watercress with every meal."

"On occasion, a participant, having misinterpreted 'free vegetables,' has loaded up a cart from the produce counter and tried to sail past the cashier without paying," said Ross Thomas with a laugh.



"I sure caught the doctor in a mean mood—he fined me 1,000 calories a day."

Now Hear This!

The month of May is National Hearing Month. Hearing loss is the most common chronic physical disability in the United States. However, because it often occurs slowly, most people do not realize their degree of hearing loss until it becomes serious.

To prevent it, here are some suggestions:

* Noise—Blood flow to hair cells in the ear is reduced by vessel spasms during exposure to loud noises. Scar tissue is formed, which replaces the live cells. Shock-wave damage increases as noises grow louder and longer.

* Cordless phones—Individuals who have cordless phones with the ringer in the earpiece have suffered hearing loss. Most manufacturers have now taken the ringer out of the earpiece. If you have a cordless phone, make sure it doesn't ring in your ear.

* Cigarette smoking—Like noise, it decreases the amount of blood flow to the hair cells in the inner ear.

* Diet—Atherosclerosis is thought to be a frequent cause of age-related hearing loss. We urge our readers to exercise and to switch to a diet low in fat and high in soluble fiber in the event that hearing loss can thus be curbed or even reversed.

* Drugs—Several common drugs, such as high doses of aspirin, are toxic to the ears. If, while taking any drugs, you develop any hearing-related symptoms such as ringing or deafness, consult your physician immediately.

* Otospongiosis—This is a hereditary disease that causes an abnormal growth in the inner ear. It usually occurs between the ages of 15 and 50, and in women more than in men. Surgery can help lessen this hearing loss dramatically if treated early enough.

If you think you may have a hearing deficiency, contact an otolaryngologist (ENT doctor) immediately. Medical students are taught that deafness causes more psychological problems than blindness. Hearing loss can cause personality changes and even paranoia. Far better to hear what people are saying about you!

The Chemistry of Depression

Dear Dr. SerVaas:

I have heard of your recommendations about high fiber, etc. I wondered if you had an opinion in another field. Do you think there is a "body chemical" imbalance that may cause mental depression, suicidal tendencies, etc.? What chemical would that be? Any suggested treatment? Who should be consulted (physician, psychologist, psychiatrist, etc.)? Who would be familiar with the chemical treatment?

Your opinion would be greatly appreciated.

Kenneth M. Hydeman
Dayton, Ohio

Dear Mr. Hydeman:

I certainly do have some very strong opinions that "body chemical imbalances may cause mental depression, suicidal tendencies," and many other abnormal mental states.

One example—lack of sufficient vitamin B_{12} in certain individuals can cause serious mental depression, suicidal feelings, and neurological damage. These feelings, caused by pernicious anemia, can be reversed with B_{12} treatments. Another example is a copper disorder we wrote about in an article titled "The Girl Who Thought She Was Crazy." It had a happy ending when a good diagnostician suspected

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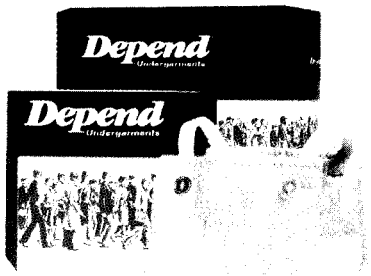

Fits both men and women.

Get back into life with Depend.®

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How can such a tiny pill give such effective gentle overnight relief? Because these unique laxative pills contain no bulky fillers and are coated to pass through the stomach for effective lower tract action. And the lower tract is where the problem occurs. For temporary relief from simple constipation, take easy-to-swallow Carter's Little Pills® tonight. Read and follow directions. You'll get rewarding relief tomorrow morning.

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WHERE DO YOU THINK YOU ARE?

(Answers from page 94)

1. British Columbia
2. Alberta
3. Saskatchewan
4. Manitoba
5. Ontario
6. Quebec
7. New Brunswick
8. Nova Scotia
9. Newfoundland

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the real culprit, known as Wilson's disease. Often senior citizens become intolerant of some tranquilizers or other medicines. Then these drugs can cause memory loss and signs of senility. These symptoms can be reversed by removing the offending drug.

The metal lithium has a lot to do with manic-depressive episodes. There are numerous other examples. A psychiatrist and a good internist are your best bets, if you wish to pursue such possibilities.

Know Your Body

Dear Dr. SerVaas:

I do hope you will consider investigating and doing an article to inform the public about malignant hyperthermia.

Enclosed is a recent newspaper story about a 27-year-old woman from Minnesota who died from an allergic reaction to Pentothal sodium she had been given to undergo surgery for a broken ankle.

Regarding sudden deaths caused by allergic reactions to anesthetics:

An unusual incident happened to me Saturday, February 9. (First, let me recall to you that my healthy 47-year-old nephew died during surgery, from malignant hyperthermia—no one had any idea such a thing could happen.)

On that Saturday, a niece of mine called to ask details of nephew Phil's malignant hyperthermia, because last week her son had had a simple appendectomy of malignant hyperthermia. The anesthetist was alert enough to stop administering anesthetic and gave medication to counteract the malignant hyperthermia.

Their son spent several days in intensive care and was released from the hospital, with no apparent brain damage. The medical team said, in their 20 years of surgical experience, this was their first episode.

Mrs. Herb Trandal
Watertown, South Dakota

Dear Mrs. Trandal:

Malignant hyperthemia occurs in one out of 20,000 surgical procedures involving muscle relaxants and general inhalation anesthetics.

It is inherited as an autosomal dominant trait, which means it can be passed on to either sex. It is fatal in 70 percent of untreated cases. Susceptible family members can be identified by elevated CPK (creatine phosphokinase) levels and other laboratory tests prior to surgery.

If our readers will tell us about case histories, we will research and develop an article on this cause of tragic, preventable deaths.

Shock Waves Crush Gallstones

When we visited the Klinikum Grosshadern (hospital) in Munich, Germany, we were so impressed with the caliber of the research being done there on the equipment for crushing kidney stones that we (your Society) went to great efforts to see that the next piece of equipment produced by its German manufacturer, Dornier Corporation, would be shipped to the United States, specifically to Indianapolis Methodist Hospital. The rest is history, and today it is estimated that the "number of patients treated world-wide is fast approaching 50,000." That's a lot of patients who have been spared the scalpel.

The Benjamin Franklin Literary and Medical Society joined with Methodist Hospital to form the Franklin/Methodist Foundation, which is funded for the purpose of exploring other uses of the lithotripsy equipment. From the outset, your Society and your half of the Franklin/Methodist Foundation have been particularly interested in tackling the much more formidable problem of removing gallstones without surgery. Compared to kidney stones, the incidence of gallstones is epidemic. An estimated 500,000 surgeries per year cost billions of dollars.

You'll be delighted to learn that the Klinikum Grosshadern in Munich has now used lithotripsy to successfully pulverize gallstones in nine selected patients. Stones were removed from both the gall bladder and the common bile duct.

The researchers used only patients who were symptomatic and whose last resort would have been surgery. Previous work in removing human gallstones implanted in the gall bladders of dogs assured them that these stones could be disintegrated by shock waves without serious side effects.

People with gallstones are invited to write to the Society for further information about the current status of this research. Use of the shock waves for removal of calcium in cancer growths is also being explored.

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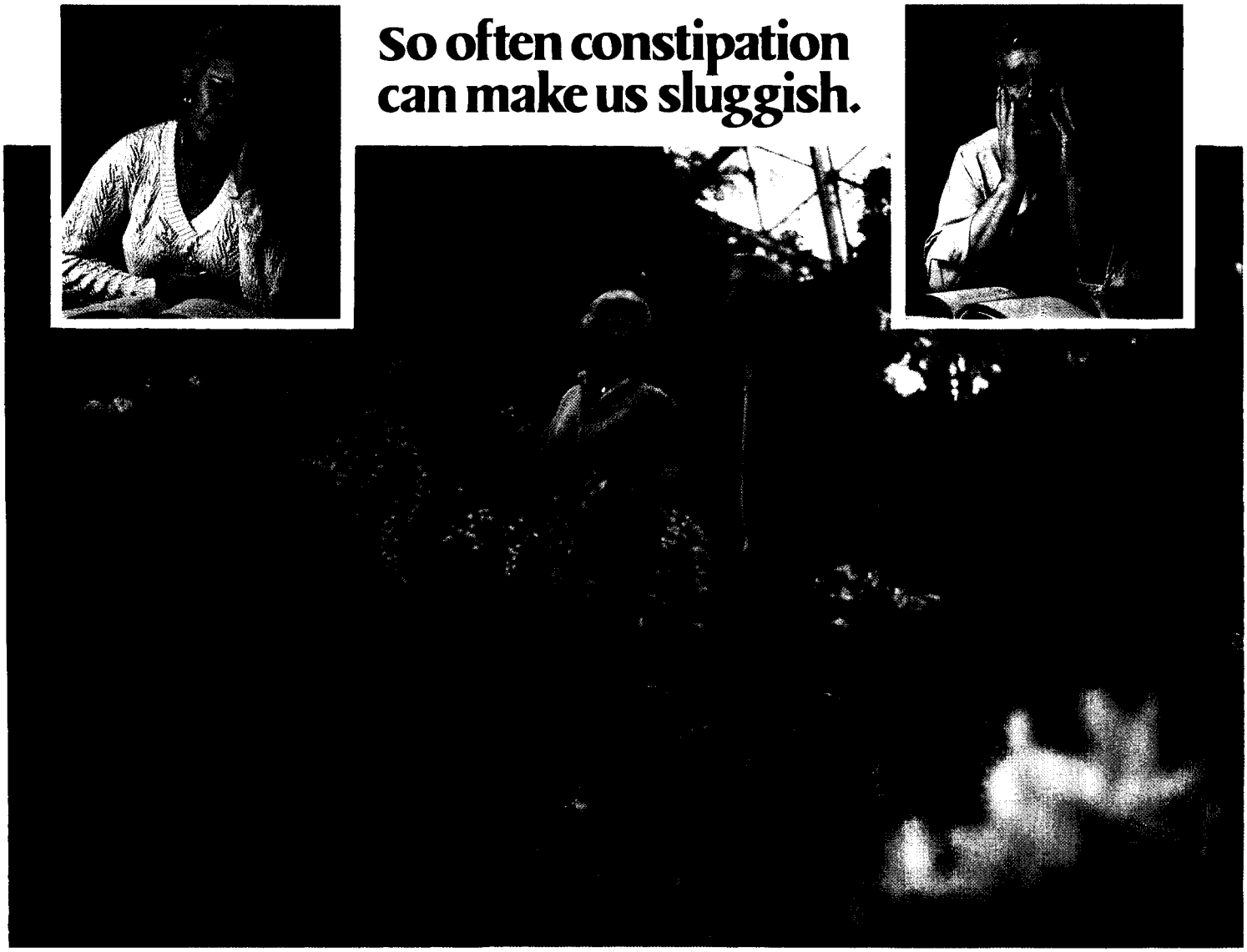

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Magnesium

continued from page 103

livestock producers to use supplemental magnesium. He has observed that magnesium-supplemented animal feeds appear to have a calming effect on animals, especially when they are in confinement.

The more a food is processed, the less magnesium remains. For example, whole-wheat bread, a less-processed variety, has 2½ times as much magnesium as enriched white bread, and brown rice has 2½ times as much magnesium as white rice.

Nearly 40 percent of the magnesium content of foods leaches out during the cooking process. For example, green peas lose about 33 percent of their magnesium when frozen and 42 percent when canned.

Magnesium deficiency is common among alcoholics, and magnesium supplements are used not only to help break the addiction, but also to help end the tremors sometimes associated with it.

Even if you are getting enough magnesium, your body might not be able to absorb it properly. Such high-fat foods as meat, ice cream, and butter and the use of diuretics can cause a phenomenom known to scientists as "the magnesium trap." These foods and medications are low in magnesium themselves, and they actually impair absorption of magnesium into the gut as well.

How can a deficiency in magnesium be responsible for so many ailments? "It's because physicians don't usually test for it, and deficiencies are probably widespread, especially for those eating an 'American diet,' " Dr. Wacker says. "All cells require magnesium to produce or use energy. Why most of us physicians continue to ignore magnesium, which is the second most abundant mineral in these cells, is difficult to understand."

The external symptoms of a magnesium deficiency range from irritability, nervousness, muscle weakness, and cramping to high blood pressure, convulsions, tremors, and irregular heartbeat. If you (or your doctor) suspect that you may be low in magnesium, he or she should check the levels of it in your blood, along with the levels of other minerals, such as calcium, potassium, and sodium. "The first step is to check the serum concentrations of all the minerals," Dr. Herman Hellerstein of Cleveland told the *Post*.

Checking blood levels of magnesium is not always reliable, because a deficiency can exist without its showing up in the blood, but Dr. Wacker says such a check is the necessary first step.

"Although cellular depletion of magnesium can occur without a concomitant decrease in the serum level," he said, "the simplest way to detect a marked abnormality in magnesium status, and the one that should always be tried initially, is to measure the concentration of serum magnesium. This approach has been quite successful in identifying clinical syndromes that respond to replacement therapy with magnesium supplements.

"However, when the serum levels are normal, and yet the clinical situation is still suggestive of a magnesium deficiency, then the concentration of magnesium in red blood cells and the amount of magnesium excreted over 24 hours may be determined. If these two tests come up normal, then a magnesium deficiency is most unlikely."

Dr. Wacker says, "The minimum daily magnesium requirement for humans is no less than 2.7 mg a day of magnesium per every pound of body weight, or about 472 mg for an average 175-pound man." But he also says this level may be as high as 4.5 mg a day per pound. Yet estimates are that the typical American is getting only about 200 to 250 mg of magnesium per day.

The leading magnesium authority, Mildred Seelig, M.D., M.P.H., FACN (Fellow of American College of Nutritionists) argues that most people are deficient in magnesium when their daily intake drops below 420 mg per day. She told the *Post*, "Below 420 milligrams, we excrete more magnesium than we take in."

However, because few people are willing to add up their daily magnesium intake from food sources, supplemental tablets are becoming a way of life.

"I would go with the various salts of magnesium," Dr. Seelig said. "The slow-acting magnesium chloride seems to be quite useful."

Dr. Seelig has written a book for health-care professionals entitled *Magnesium Deficiency in the Pathogenesis of Disease*. Her efforts have been outstanding and tireless in holding international symposiums and lecturing to alert the medical profession to the importance and prevalence of magnesium deficiencies. Her name is legendary with the growing numbers of magnesium researchers in the world.

"You're right—this is an intimate little restaurant!"

Part III of this series on minerals will appear in the next issue.

Fishing Tips

continued from page 59

trout toward me, and suddenly he runs the other way. I let the line go back the other direction but remain firmly in control. The second he stops moving, I'm right back into my gear of bringing him in."

Although Jerry mentions the White River in Arkansas as his premier trout-fishing spot, he is quick to mention great fishing in Wyoming, Montana, Colorado, Utah, and, of course, Tennessee.

Part II of "Fishing with the Pros," in the July/August '86 issue, will feature Babe Winkelman, Al Lindner, Billy Westmorland, and Steve McCadams.

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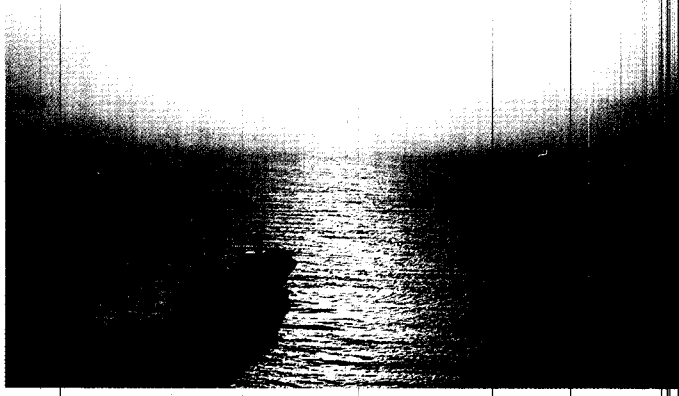

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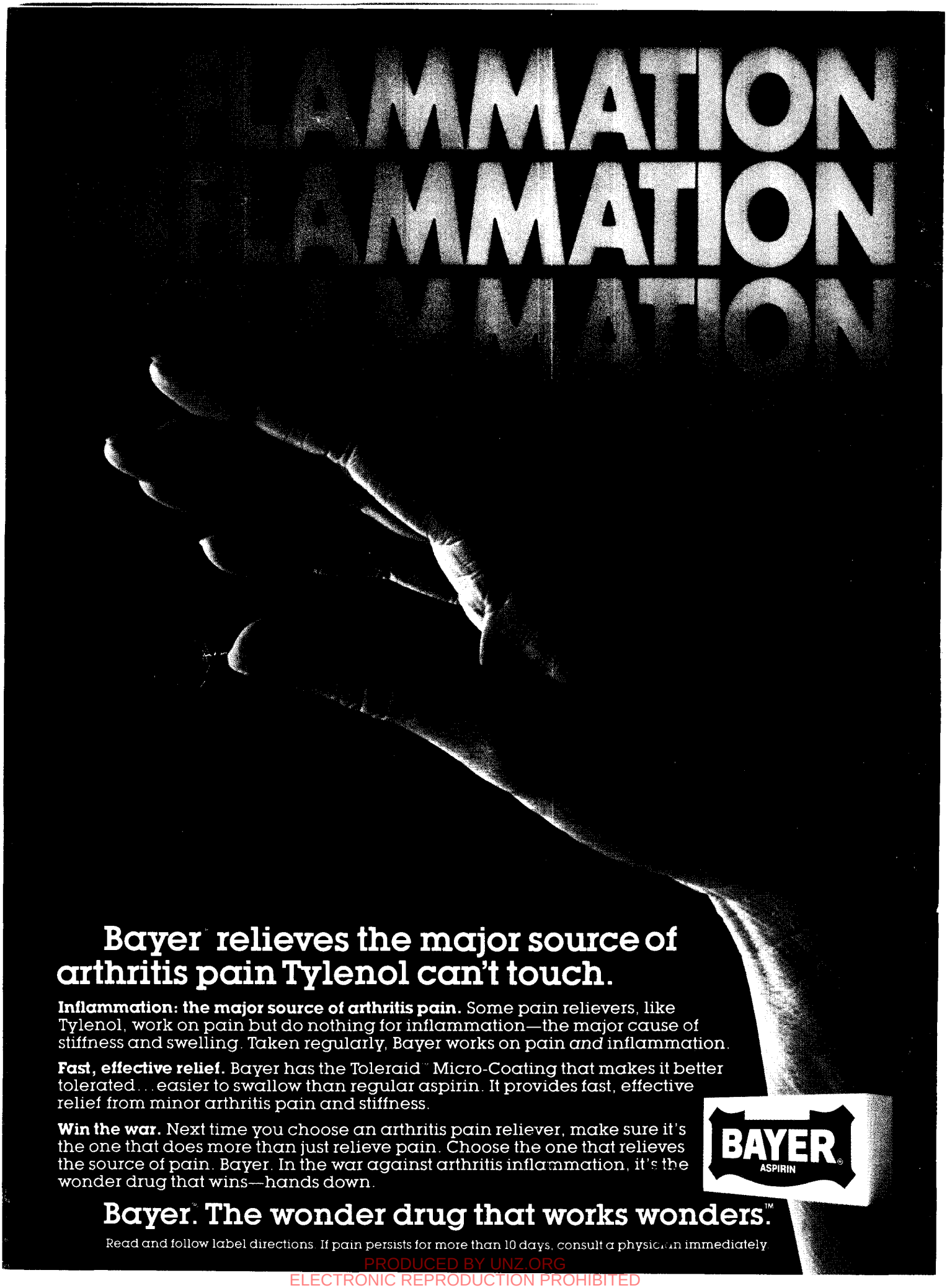

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